

RECTORY MEADOW SURGERY

Patient Information Leaflet

Rigid Sigmoidoscopy

A sigmoidoscopy is a simple way of looking at the lower bowel to make sure there are no serious causes of bleeding or discomfort. Your appointment will be with a GP and a Practice Nurse, who will assist the doctor.

A plastic tube is gently placed 25cms up inside the rectum and part of the colon, and air is then introduced to push the bowel wall back. The doctor can then see the inside of the bowel.

Sigmoidoscopy is a very safe procedure. You may experience some discomfort towards the end of the procedure but it is very rare for us not to be able to examine the full distance of 25cm from the anus.

The Day before your Sigmoidoscopy

It is important that you have an empty bowel in preparation for the procedure, so the day before, we will ask you to take 2 sachets of strong laxative called Picolax. If your test is in the morning you should take one sachet at 10am on the day prior to your procedure, and then one at 4pm that day. It makes most people pass a lot of motions that day!

We ask you to have a light diet the day before your sigmoidoscopy and only clear fluids from 8pm the night before. If you have a late morning appointment you may have some toast at about 6am.

If you have diabetes we will contact you to discuss your diet and, if necessary, your insulin doses prior to your procedure.

Please let us know if you have to cancel your appointment so we can re-arrange your appointment and not waste your slot.

Who will be carrying out your Sigmoidoscopy?

Dr. Andrew Sapsford has been undertaking sigmoidoscopies for many years. Until recently he regularly undertook clinics at Bucks Hospitals Trust doing sigmoidoscopy, colonoscopy & gastroscopy for the Department of Gastroenterology; he had done so for 25 years.

Dr Muir Ferguson has trained at the Department of Gastroenterology, Western General Hospital, Edinburgh. He has been undertaking these procedures for 19 years.