

Bowel Preparation for Flexible Sigmoidoscopy

Author: Endoscopy Unit



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One week before the test – Stop iron tablets.

Four days before the test – Stop constipating medications such as loperamide, codeine phosphate, tramadol, Oramorph® and fentanyl patches or bulking agents such as Fybogel®.

The day before the test – **No solid food on this day**, but drink as much clear fluid as possible (about a tall glass of water every hour). **Clear Fluids** include fruit juices (without pulp), fizzy drinks or tea and coffee (without milk), Bovril® or clear soup (watery with bits in it) and Lucozade®.

The pack will include eight senna tablets (7.5mg) and a phosphate enema for self-administration with instruction.

If your appointment is in the morning

On the day before the test: **No solid food**

8.00am Take 8 senna tablets taken as one dose.

On the day of the test: **No solid food before the test**

Administer the enema one hour before you set off from home (the best time to undertake the procedure is within one to two hours after enema administration).

Continue to drink water until two hours before the appointment.

If your appointment is in the afternoon

On the day before the test:

8.00am Light breakfast only. No solid food thereafter but continue to drink clear fluids as above.

2.00pm Take 8 senna tablets taken as one dose.

On the day of the test: **No solid food on this day**

Administer the enema one hour before you set off from home (the best time to undertake the procedure is within one to two hours after enema administration).

Continue to drink water until two hours before the appointment.

Administration of Phosphate Enema in the Endoscopy Unit

Administration of the enema by nursing staff in the department can occur in the following circumstances:

- Patients who have a disability that prevents self-administration at home
- Frail, elderly patients
- Patients who live over one hour away from the Endoscopy Unit.

Please arrive 30 minutes early for your appointment if this is the case.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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