

## CONSENT

You will find a Transmissible Spongiform Encephalopathy (TSE/CJD) Exposure Assessment Form as part of the information which has been sent out to you. Please ensure you read this form carefully, fill it in, sign and date it and **bring the form with you for your appointment.**

The Doctor will sign the consent form for the procedure with you prior to your procedure once you understand and agree to the procedure.

## WHAT HAPPENS DURING THE PROCEDURE?

A nurse will stay with you throughout the examination. If you wish you can receive sedation for your examination through a needle in your arm. You will lie on your left side.

An examination of your rectum will be carried out. The tube will be passed from the rectum into the colon.

During the test, air will be put into your colon which enables a better view. Because of this you may feel some cramps and pressure. This is normal and will pass within a couple of hours. Biopsies (small pieces of tissue) may be taken during your procedure for further examination in the laboratory.

Polypectomies may be carried out to remove polyps which are growths in the lining of the colon by using biopsy instruments. A repeat procedure may be required if polyps are found depending on the laboratory results.

The examination usually takes between 5-15 minutes. Following your procedure you will be brought to the recovery area.

## FOLLOWING THE EXAMINATION

If you have not received sedation you may go home unescorted as soon as follow up instructions have been given by the nurse. If you have received sedation you will be observed in the recovery area for at least one hour until the effects of the sedation have worn off.

The nurse looking after you will call your escort home at this point and inform them of the exact time you will be ready to be collected.

You are **NOT** allowed to drive or travel home unaccompanied for your own safety.

When you have sufficiently recovered you will receive a light snack.

A nurse will speak with you prior to discharging you and go through your procedure results.

Urgent follow up appointments will be arranged before you leave the unit otherwise an appointment will be posted out to you if needed.

You will be provided with a follow-up care information leaflet.

## PRE ASSESSMENT NURSE

If you have a medical query prior to your procedure please call (01) 416 2137 and you will be able to speak with a nurse.



## Patient Information Leaflet

## Sigmoidoscopy/Lower Endoscopy

A Sigmoidoscopy is an examination that enables the doctor to examine the lining of the lower part your colon (large intestine) for abnormalities by inserting a thin flexible tube into your anus (back passage) and slowly advancing into the rectum and the left side of the colon only.

**Please note:** the time on your appointment letter is the time to register at the reception desk; not your procedure time. Medical procedures can vary greatly in time therefore delays may occur. Other delays may occur due to circumstances beyond our control.

To allow a clear view the lower part of your colon must be clear. To enable this you will be given an enema by the nurse in the assessment area prior to your test. This involves inserting some fluid via a small plastic tube into your back passage to cause a bowel motion.

If you wish to have sedation for your procedure you must have nothing to eat or drink from 12 midnight the night before your procedure.

You will be provided with a gown to change into for your procedure, if you wish you can bring a dressing gown and slippers.

If you have a known **Bleeding Disorder** and attend the NCHCD in St. James Hospital please ensure you contact the Centre on (01) 416 2141. This is to make them aware of the date of your procedure to organise any pre procedure treatment if necessary.

If you are under 16 years of age you must be accompanied by your parent or guardian. They will be required to give written consent to the procedure being carried out on you.

If you are having sedation for your procedure it is essential that you can provide a telephone number and name of a friend /relative who we may contact to collect you following your procedure, otherwise your procedure may be cancelled.

Going home by Taxi on your own is not allowed following sedation.

Please do not bring valuables with you on the day of the examination i.e. jewellery or money.

Please remove all nail polish/shellac/ two-week manicure from your finger nails prior to attending for your procedure.

#### WILL YOU BE SEDATED?

The procedure can be performed under **conscious sedation** if you wish and this will be administered through a needle in your arm.

#### WHAT IS CONSCIOUS SEDATION?

Conscious sedation is a combination of medicines to help you relax and block pain. An injection is given into a vein to make you feel relaxed and sleepy, but not **unconscious**. This means you may or may not be aware of the procedure. Patients who receive conscious sedation are usually able to speak and respond to verbal cues throughout the procedure. This allows patients to communicate any discomfort they experience to the endoscopist. Generally no or mild discomfort should be experienced. You will be monitored for signs of discomfort and your level of sedation will be adjusted if necessary. A brief period of amnesia may cause you to completely forget the procedure. You must have a responsible adult to stay with you for 24 hours following sedation.

#### MEDICATIONS (TABLETS)

Please bring a list of your medication with you on the day of your procedure.

Take essential medication (including inhalers and nebulisers) with a small amount of water on the day of your procedure.

If you are allergic to any medication please ensure you have the name of the medicine you are allergic to. Please inform nurse on the day of your procedure of any allergies you may have.

If you take **Aspirin** please ensure you do not take it on the morning of your procedure.

If you take any other **blood thinning tablets** i.e. Plavix/ Clopidogrel/ Effient/ Brilique/ Warfarin/ Dabigatran/ Xarelto/ Eliquis please contact the pre assessment nurse on (01) 4162137 at least 10 days prior to your procedure for advice.

If you are a **Diabetic** please contact the Diabetic centre you attend or your GP/ practice nurse. They will give you advice re taking your diabetes medication whilst preparing/fasting for your procedure.

#### RISKS

The risks associated with this test are rare but can include complications such as perforation, bleeding and reactions to medications. These complications may require urgent treatment and even surgical intervention (an operation). The Doctor performing your procedure will explain the risks associated with the procedure as part of the consent process.