

Having a Sigmoidoscopy with Moviprep

Gastroenterology Department Patient Information Leaflet



What is a Sigmoidoscopy

A Sigmoidoscopy is a test, which allows the Doctor to look directly at the left side of your large bowel. In order to do this, a flexible tube the thickness of a finger with a light at the end, is carefully passed through the anus into the rectum and into the large bowel. This can be uncomfortable as bends in the colon are negotiated and air is used to inflate the colon. The Sigmoidoscope is connected to a television system where pictures can be seen. In order for this test to be successful it is important that you take the Moviprep bowel preparation as directed. This will assist in cleaning your bowel and enable us to make an accurate diagnosis.

Benefits

By examining your bowel the cause of your symptoms may be found. Sometimes we are able to treat them there and then. Pictures and biopsies (samples) may be taken and sometimes polyps (small growths in the bowel) can be removed at the time or other treatments performed. These will be discussed with you as necessary.

Risks

A Sigmoidoscopy is a safe examination but rarely a complication such as bleeding or perforation may occur (1 in 1500, or if polyps removed 1 in 200). Other risks of the procedure are discomfort, bloating and pain. Entonox (gas and air) may cause nausea, dizziness and euphoria (heightened self-confidence and happiness).

Alternative Treatments

The alternative to a Sigmoidoscopy is a barium enema. This is a type of xray which does not include any treatment and it

cannot provide biopsies. Therefore, you may still need to have a Sigmoidoscopy at a later date.

Your appointment

- If you are unable to make your appointment or need to change your appointment time, please telephone 01253 956584 or 01253 956078.
- Your appointment time takes into account the time required to admit you onto the unit. You should therefore not expect to immediately go through for the test when called. You should expect to be with us for up to 4 hours.
- Please note that the time of day that you will need to start taking the Moviprep solution differs between a morning and an afternoon appointment. Follow the instructions carefully.

What to expect on the day

- Before the procedure a nurse will take you into a room and explain the test and ask you some questions.
- You will be asked to sign a consent form and then be taken to a seating area to await your Sigmoidoscopy. You will have your Sigmoidoscopy performed in another room. Please note we usually have 5 different lists running consecutively. This may mean some people will have to wait longer than others, even with the same appointment time.
- Entonox (gas and air) is available for use should you require it to relieve any pain.
- Following the test you will be moved to the recovery area for a drink and biscuits.
- You will be given the results of your test before your discharge. If biopsies have been taken these results will be given at a later date.
- If you have driven yourself to hospital and have had Entonox, you will be able to drive home after half an hour.

Following the Sigmoidoscopy you may feel bloated with wind-like discomfort. This is normal and usually settles quite quickly. If you have had biopsies taken or a polyp removed it is normal to pass a small amount of blood from your bottom for a day or two.

Moviprep Information

In order to examine the whole of the bowel it must be clear of all waste materials. This is achieved by using a combination of changing what you eat and taking laxative medicines.

Moviprep works by giving you diarrhoea. This is unpleasant but necessary and may last up until the time of your appointment. Easy access to your toilet will be required for most of the day.

You might like to use a barrier cream to prevent a 'sore bottom'. A product such as petroleum jelly can be effective.

7 days before your Sigmoidoscopy appointment please stop taking iron tablets.

2 days before your Sigmoidoscopy appointment please stop taking medication that may constipate you i.e. Co-codamol, Codeine, Lomotil, Imodium and Kaolin & Morphine.

Taking other medication. If you are taking other medication, please take it at least one hour before or at least one hour after taking Moviprep, otherwise they may be flushed through your digestive system and not work so well.

DO NOT TAKE MOVIPREP IF

- You are allergic to any of the ingredients in Moviprep.
- You are pregnant.
- You are on dialysis.
- You are taking medication for an organ transplant.

- You have not passed wind or opened your bowels in the last 5 days leading up to your bowel preparation time.

Contact 01253 956078 or 01253 953043 if any of these cautions apply to you

Important notes on Moviprep

Some Possible side effects of Moviprep

Abdominal pain, abdominal distension, tiredness, feeling generally unwell, soreness of the anus, nausea, vomiting, headache and indigestion. If you experience any of these symptoms try taking the Moviprep more slowly. Rarely are people allergic to Moviprep. They may experience a rash or itching, swelling of the face or ankles, palpitations (you may notice your heart beating more) or shortness of breath. If any of the side effects become serious stop taking Moviprep and seek medical advice.

Female Patients

If you are taking an oral contraceptive pill, diarrhoea can make it less effective. Continue taking the pill but use other precautions for the rest of that cycle.

Important:

No alcohol should be drunk on the day before and the day of the procedure.

Pre Sigmoidoscopy Diet

Two days before your test please follow a low residue diet, which consists of the following:

Fats (use sparingly) Butter or margarine.

Rice Plain boiled white rice.

Eggs Boiled or poached.

Meat/fish mince or well cooked, tender, lean beef, lamb, ham, veal, pork, poultry, fish, shellfish.

Cheese Cream, cottage or cheese sauce.

Bread White bread or toast.

Cereals Crisped rice cereal Cornflakes (no bran).

Pasta Plain macaroni, spaghetti, noodles.

Potatoes Boiled, creamed, mashed or baked (no skins).

Dessert Clear jelly (not red jelly).

Foods to avoid: Red meat, sausage, pies, any fruit or salads, most vegetables, potato skins, chips, wholemeal or brown bread, nuts, pulses, baked beans, wholemeal pasta, brown rice, puddings containing fruit and nuts, cakes, biscuits and yoghurts.

Instructions for a **morning** appointment

THE DAY BEFORE THE EXAMINATION

Eat your breakfast before 9am. Do not eat anything after 9am.

You may continue to drink water until 2 hours before your appointment time. Do not eat food again until after your examination even if you feel hungry. Your bowel must be completely empty for the examination to be successful. You may drink water, **clear** soup, Oxo, Bovril, soft drinks (not red coloured), black tea or coffee (no milk). You may add sugar if you like. All your drinks must be clear because then you will know that there is no fibre in them. You may drink as much as you like of these fluids.

5pm Open one sealed plastic bag of Moviprep. Each of the two sealed plastic bags contain two sachets. One sachet marked **A** and the other sachet marked **B**.

Empty the contents of sachet **A** and sachet **B** into a jug. Add water (not chilled) to make up one litre and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require.

Drink one glassful (250mls) of the Moviprep drink every 15 - 30 minutes until you have drunk the full litre. This may take 1 - 2 hours. Take your time, there is no need to rush. You should also drink an additional 500mls at least of water or clear fluids with each litre of Moviprep that you take. This will prevent you from becoming dehydrated.

8 - 9pm

At about 8 - 9pm make up the second litre of Moviprep as you did the first one. Again drink it over 1 - 2 hours.

- Again it is important that you drink an additional 500mls of water or clear fluids along with the Moviprep during the course of the evening. This will prevent you from becoming dehydrated.

When you start taking Moviprep solution it is important that you stay close to a toilet. At some point you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep solution is working. The bowel movements will stop soon after you have finished drinking. Allow 2 hours for the second litre of Moviprep to work. You can go to bed when you stop going to the toilet (for example 11pm).

If you follow these instructions your bowel should be clear and this will help you have a successful examination. Please stop drinking 2 hours before your appointment. If you are still going to the toilet this is most likely as a result of the Moviprep.

Instructions for an **afternoon** appointment

The Day Before the Examination

DO NOT eat anything after your 1pm lunch. Do not eat food again until after your examination even if you feel hungry. Your bowel must be completely empty for the examination to be successful.

You may drink water, **clear soup**, Oxo, Bovril, Soft drinks (not red coloured), black tea or coffee (no milk). You may add sugar if you like. All your drinks must be clear because then you will know that there is no fibre in them.

You may drink as much as you like of these fluids.

7pm Open one sealed plastic bag of Moviprep. Each of the two sealed plastic bags contain two sachets. One sachet marked **A** and the other sachet marked **B**.

Empty the contents of sachet **A** and sachet **B** into a jug. Add water (not chilled) to make up to one litre and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require.

Drink one glassful (250mls) of the Moviprep drink every 15 - 30 minutes until you have drunk the full litre. This may take 1 - 2 hours. Take your time, there is no need to rush.

- You should also drink an additional 500mls at least of water or clear fluids with each litre of the Moviprep that you take. This will prevent you from becoming dehydrated.

After you have finished the first litre of Moviprep and your 500mls of additional fluids, allow 2 hours for Moviprep to work. You can go to bed when you have finished going to the toilet (for example 10 pm).

The Day of Your Examination

6am Remember, do not eat anything. Mix the sachets as before: Empty the contents of sachet A and sachet B into a jug. Add water (not chilled) to make up to one litre and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require.

Drink one glassful (250mls) of the Moviprep drink every 15 - 30 mins until you have drunk the full litre. This may take 1 - 2 hours. Take your time, there is no need to rush.

- You should also drink an additional 500mls at least of water or clear fluids during the course of the morning. This will prevent you from becoming dehydrated.

Once again you will experience watery bowel movements which will stop after 1 - 2 hours. This will allow you to leave home in good time for your hospital appointment.

When you start taking Moviprep solution it is important that you stay close to a toilet. At some point you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep solution is working. The bowel movements will stop soon after you have finished drinking.

If you follow these instructions your bowel should be clear and this will help you have a successful examination. **Please stop drinking 2 hours before your appointment.**

Specific instructions for patients who have Diabetes

If you have diabetes, please read the 'extra' leaflet sent alongside this leaflet.

This leaflet is specific to controlling your diabetes through the various procedures available within our unit and you will have been sent the one that corresponds with your specific procedure it will be one of the below leaflets:

- Guidance for Managing Diabetes for Sigmoidoscopy / Colonoscopy
- Guidance for managing diabetes for gastroscopy and sigmoidoscopy / Colonoscopy
- Guidance for managing diabetes for Gastroscopy /EUS / ERCP

This will give you clear instructions on what to do with your medication (including insulin) during the preparation for your test.

If you have not received a copy of this leaflet, could you please contact us on 01253 953043 and request a copy.

Frequently asked questions

How long does the procedure take?

A sigmoidoscopy usually lasts between 5 and 15 minutes. However, you may be on the unit for 2 - 4 hours.

Does it hurt?

Sometimes patients find the test painful, gas and air (Entonox) is available to use for pain relief if needed.

Do I have to have it done?

No the choice is yours, see page 2 for alternatives and the reason why this test is appropriate.

Can I take my tablets as normal?

Yes. Please take tablets at least one hour before or at least one hour after taking moviprep, see page 4 and female patients see page 5 too. Diabetic patients please see the previous page for information.

Will I be put to sleep for this procedure?

No. Gas and air (Entonox) is available to use for pain relief if needed.

How can I make the moviprep more palatable?

It is important to sip the Moviprep and not gulp it down to reduce nausea. A straw is sometimes helpful to drink the Moviprep with and you can add cordial (not blackcurrant) to taste if you prefer.

What shall I wear to attend the procedure?

Please wear loose comfortable clothing. You will be asked to wear dignity shorts under your own clothing before the procedure. You will then remove your lower clothing (keeping on your dignity shorts and own top clothing) in the endoscopy room prior to the procedure.

Useful contact details

Gastroenterology Appointments:

Telephone: 01253 956584 or 01253 956078

Gastroenterology Department:

Telephone: 01253 953043

Ward 12

Telephone: 01253 953412

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concerns or complaints the Trust receives. You can contact them via tel: **01253 955588** or by email: bfwh.patientrelations@nhs.net

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: www.bfwh.nhs.uk

References

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397** or bfwh.trustpolicyteam@nhs.net

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 955520**



Our Four Values:

