

Enema instruction for Flexible Sigmoidoscopy

An information guide



Enema instruction for Flexible Sigmoidoscopy

It has been requested that you have a camera test into the lower bowel. This is called a flexible sigmoidoscopy. It is a simple procedure and takes approximately 5-10 minutes to perform.

As the camera only goes a short distance into the bowel, there is no need to have full bowel preparation, and therefore preferable for you to administer an enema (prior to admission) in the privacy of your own home. **Please read the instructions carefully as this contains important information.**

Instructions

You will need to administer the phosphate enema at home before coming to the hospital for this procedure. **This process needs to be done at least one hour before you leave for your hospital appointment. Please refer to procedure booklet for fasting instructions.**

FLEET ENEMA IS FOR RECTAL USE ONLY.

To administer your enema you need to:

- Check the enema is in date
- Place a towel or a protective sheet onto your bed prior to administering the enema
- Lie on your left side with your knees drawn towards your chest
- Insert the enema bottle into your rectum

- Gently squirt the full contents of the phosphate enema into your rectum. **Please avoid spilling any phosphate enema onto your skin as this can cause irritation. If this happens please wash it off**
- Discontinue use if resistance or pain is encountered
- Try to hold the phosphate enema fluid in your rectum for at least 2-5 minutes before going to the toilet to empty your bowels.

If you feel you are not fit or able to administer the enema at home then please bring it with you on your admission day.

Telephone numbers are:

Rochdale Infirmary - 01706 517550 or 517457

North Manchester - 0161 720 2835 or 0161 604 5264/5

Fairfield - 0161 778 3341

The Royal Oldham - 0161 627 8513

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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