

Bowel Preparation Advice for Flexible Sigmoidoscopy with Home Phosphate Enema

Preparation

A flexible sigmoidoscopy requires a clear view of the bowel. In order to achieve this some bowel preparation is required. The purpose of this is to clean the left side of your bowel. To do this an enema is used. A liquid enema is inserted into the rectum and then expelled to clean the bowel and enable the endoscopist to gain clear views for the investigation.

Home preparation

You will find an enema enclosed for you to administer yourself at home. This should be used one hour before leaving home for your appointment (even if you have already had your bowels open). Please read the instructions on the packet carefully. Most people manage to administer their own enema, but if you think that you may have real difficulties please ring the **Endoscopy Unit helpline** on **01392 402400** discuss the problem. The opening hours are Monday to Saturday from 8am to 6pm.

Eating and drinking

If your appointment is in the morning then you must not eat anything after midnight the night before.

If your appointment is in the afternoon you may have a light breakfast no later than 8am.

You may drink clear fluids up to two hours before your appointment. After that you should remain nil by mouth until after your procedure. Please see the list of clear fluids.

If you have diabetes mellitus and require further advice please ring the **Hospital Switchboard** on **01392 411611** and ask for the diabetes on-call nurse. You will have to leave a message including your name and telephone number, and please state that you require advice on preparation for flexible sigmoidoscopy. You will be called back as soon as the nurse becomes available.

Clear fluids

- All types of water
- Lucozade and any other "sports drinks".
- Black tea and coffee, this includes fruit and herbal teas.

- Fizzy drinks e.g. coke, ginger beer, tonic water.
- Clear fruit juice such as apple, cranberry, pomegranate, red and white grape juice. Not orange juice.
- Any fruit squash (avoid red colours).
- Hot honey and lemon.
- Oxo, Marmite, Bovril.
- Consommé (clear soup).

Please **do not have milk-based drinks** such as milkshakes and cappuccino or fruit smoothies.

In addition to the clear fluids listed any sugar-based sweets (e.g. Jelly Babies, fruit pastels, wine gums, Foxes Glacier Fruits and mints, Polos), jellies (but avoid red colours), dextrose tablets and ice lollies that **do not contain ice cream** may also be taken.

Current Medication

Any prescribed medication or tablets should be taken as normal.

If you take iron tablets or medications to control diarrhoea, please stop taking them 5 days before your flexible sigmoidoscopy. You should continue to take any other medication, including laxatives.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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