



## Sigmoidoscopy Self Administration of Enema

This leaflet tells you about the treatment known as an enema. It explains what is involved in having the treatment and the common complications associated with this treatment. It is not meant to replace discussion between you and your doctor, but as a guide to be used in connection to what is discussed with your doctor.

Dear

Your doctor has requested that you have a flexible sigmoidoscopy, the patient information sheet explains all about the test.

To prepare for the test your bowel must be emptied, this is usually achieved by giving you an enema when you come to the Endoscopy unit. However, you may prefer to give yourself an enema in the privacy of your own home.

If you choose to use the enema we have enclosed at home, please follow the instructions provided carefully. You should administer the enema one hour before you leave your home to travel to the hospital for your appointment.

### Do not use the enema if you have

- A suspected blockage
- Had surgery to join one piece of bowel to the rectum (back passage)
- Severe tummy pain.

### Instructions for using the enema

- Use the enema approximately one hour before you leave home for your appointment.
- Wash your hands
- Remove external wrappings and cap from the enema
- Hold the enema upright, to avoid spillage
- Lie on your left-hand side on a towel
- Gently insert the full length of the nozzle into your back passage and squeeze the tube until empty.
- Keeping the bottle squeezed, gently remove it from your back passage.
- Keep lying on your left-side to allow the enema to work ( 5-10 minutes) then use the toilet
- You should then start to pass some motion; it may take more than one trip to the toilet.
- You may experience stomach cramps for a short while.
- Some people may feel dizzy or faint, if this happens, lying down will help this pass.
- The enema should have worked within the first hour, so you will have no problems travelling to your hospital appointment

If you choose not to use the enema, or physically cannot give it, do not worry. Please attend for your appointment one hour earlier and tell the nurse when you arrive on the unit that you did not use the enema.

Thank you for your co-operation.

**To contact us by telephone before your appointment for advice: (NOTE this number should NOT be used for booking enquires):**

**Solihull Endoscopy Unit**

**Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays      0121 424 5394**

**Heartlands Endoscopy Unit**

**Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays      0121 424 0438**

**Good Hope Hospital – Scoping Suite Treatment Centre**

**Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays      0121 424 9506**

**Queen Elizabeth Hospital Endoscopy Unit**

**Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays      0121 371 3833**

**An answer phone is available for you to leave your name, telephone number and message. We will return your call.**

**Bowel Cancer Screening Patients**

**Monday to Friday 8 am to 5.30 pm      0121 424 9174**

**Or contact your screening nurse directly.**

## Accessibility

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