

Flexible Sigmoidoscopy with CitraFleet

This leaflet has two sections: The first section explains the procedure and what medications you may need to stop as well as what to expect when you come to hospital. The second section explains how to prepare for this procedure, including when to stop eating and how to cleanse your bowel. It is important to read both sections as well as the enclosed Consent Form to ensure that you are fully prepared for the procedure.

Flexible sigmoidoscopies are booked at one of our three endoscopy sites: The Endoscopy Unit at St George's Hospital, the Day Case Unit at Queen Mary's Hospital, Roehampton or the Nelson Health Centre. Please refer to your appointment letter / test for the location of your procedure.

Important information about your procedure

- St George's is a national training centre for endoscopy. Students and qualified trainees may be involved in your care. If you do not want students to be present, please inform the doctor or nurse when you are admitted.
- The procedure is usually well tolerated without sedation, but if you are planning to have sedation, please arrange for a friend or relative (18+) to escort you home after your appointment and to be with you for at least 12 hours. We kindly ask escorts not to wait in the Endoscopy Unit due to limited space, but we will call when the procedure is completed.
- **Three days before** your appointment, **start a low fibre diet** (found on page 6).
- **STOP EATING 24 HOURS before your appointment**, clear fluids are allowed (no milk).
- **Take the bowel preparation** as per the instructions from page 8 onwards.
- **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment.
- Please read and bring your signed Consent Form with you to your appointment.

Important information about medication

- If you are taking medications for **diabetes** or to **prevent blood clots** such as Warfarin, Apixaban, Edoxaban, Rivaroxaban, Dabigatran, Clopidogrel, Ticagrelor or Prasugrel, please follow the instructions provided by the nurse. If you have not been contacted, please **contact us** on the numbers on page 5.
- Seven days before the procedure, stop taking iron tablets.
- Four days before the procedure, stop taking constipating medicines such as Imodium (Loperamide), Lomotil, or codeine phosphate, or stool bulking laxatives such as Fybogel or Movicol. (If taking codeine-based medicines, please consult your GP to discuss if any alternatives are available).
- Take all other medications as usual but do not take oral medications one hour before or one hour after taking the bowel preparation.
- If you are taking the contraceptive pill, please take additional precautions for one week following the bowel preparation.
- Please bring a list of your regular medications and bring any inhalers or sprays with you.
- If you a diabetic, please bring your medication and a snack to eat after the procedure.

Please bring a list of your regular medications and bring any inhalers or sprays with you.

Section One:

What is a flexible sigmoidoscopy?

Flexible sigmoidoscopy is a camera examination of the lower bowel. It helps to find the cause of your abdominal symptoms and to diagnose and sometimes treat diseases of the bowel. Please allow up to three hours in the hospital. We recommend that you bring a book or magazine with you to read whilst you are waiting as the mobile phone signal is weak.

The procedure is usually well tolerated without sedation as it is brief but sedation or Entonox (also known as 'gas and air' or 'laughing gas') can be given on request. If sedation is requested, please note that you will need to have an escort home and a responsible adult with you for at least 12 hours following your procedure. If you have Entonox, you will be able to go home 30 minutes after the procedure unaccompanied. Please note, Entonox is not suitable for all patients including those taking Methotrexate or with certain lung conditions or after certain eye / ear procedures. For more information go to: https://www.stgeorges.nhs.uk/wp-content/uploads/2023/11/GAS_ENTO.pdf

For further information about the procedure, risks and alternatives please read the enclosed consent form.

Asking for your consent and signing the consent form

It is important that you feel involved in decisions about your care. Please take the time to read the consent form before your appointment. If you feel happy that you understand what is involved and agree to have the procedure, please sign the consent form and bring it with you to the appointment. You will have the opportunity to ask any questions before the procedure.

On arrival at the endoscopy unit

- A nurse will check your details, including medications and allergies.
- If you have already signed the consent form, you will have the opportunity to ask any final questions with the endoscopist before the procedure. If you have not yet signed the form, the procedure will be explained and you will be asked to sign a consent form.
- You will be asked to change into a gown and privacy shorts.
- If you have sedation, an intravenous cannula will be inserted into a vein and secured before the start of the procedure.

What happens after flexible sigmoidoscopy?

Most patients can go home immediately after the procedure, however if you have had Entonox or sedation, you will be taken to the recovery area where you will be monitored for 30 to 45 minutes. After this you will be able to get dressed and have some refreshments. A nurse will give you a copy of the flexible sigmoidoscopy report as well as a discharge

information leaflet with important advice. A normal diet can be resumed once the procedure is complete.

If you have had sedation, you will not be allowed to drive and must arrange for someone to accompany you home. The medication given will prohibit you from driving for 24 hours after the examination. Please do not plan to take public transport home unless accompanied. If you are unable to arrange transportation, we can arrange a taxi, however you are responsible for the fare. You will need a responsible adult at home for at least 12 hours. If you have had no sedation or Entonox, you can leave unaccompanied.

Will I get the results / Will I have a follow-up appointment?

We will give you a copy of the flexible sigmoidoscopy report and discuss the findings with you before you are discharged. We will be able to tell you of any visual findings, however any tissues samples will be sent to the laboratory for testing. This can take up to six weeks. A copy of the report and any histology results will be sent to your referring doctor and your GP. If required, a follow up appointment will be requested and will be sent to you by post / text / or by telephone.

Is there anything I need to watch out for after the procedure?

It is normal to experience small amounts of bleeding from your bottom or mild abdominal (tummy) discomfort for up to two weeks after your flexible sigmoidoscopy. However, if you have **any severe pain, black tarry stools or persistent bleeding after your test**, please contact the endoscopy department at the hospital where you had your procedure Monday to Friday between 9.00am and 5.00pm on the telephone numbers below under **Contact us** and ask to speak to the nurse in charge.

Outside of working hours, please go to your local Emergency department or alternatively, you can call your GP or NHS 111.

When can I get back to my normal routine?

You should be able to return to work and all your usual activities the same day, unless you had sedation, when it will be the following day. Please be advised you cannot drive, sign legal documents or drink alcohol for 24 hours following sedation.

Where do I go?

Please see your appointment letter for the location of your appointment and the address below:

- **St George's Hospital**, Blackshaw Road, London, SW17 0QT. Please go to the Endoscopy Unit, First floor, St James' Wing.
- **Queen Mary's Hospital**, Roehampton Lane, London, SW15 5PN. Please present at the main reception and you will be directed to the Day Case Unit.

Parking at the hospital

For St George's Hospital there is a car park with the entrance located on Blackshaw Road. Queen Mary's Hospital has a car park on site. Please ensure you check the rates before parking.

Contact us

If you have any questions or concerns about your procedure, please contact us:

For appointments at St George's Hospital please call:

The Endoscopy Unit on 020 8725 1913 Monday to Friday 9 am to 5pm.

For appointments at Queen Mary's Hospital please call:

The Day Case Unit on 020 8487 6466 Monday to Friday 9am to 5pm.

Section Two:

HOW TO PREPARE FOR FLEXIBLE SIGMOIDOSCOPY

It is important to reduce the amount of fibre you eat **before starting the bowel preparation**. This means avoiding cereals, wholemeal bread, salads, fruits or any food containing nuts or seeds.

THREE DAYS BEFORE THE PROCEDURE, START A LOW FIBRE DIET

This table shows what foods you can eat and what you need to avoid before you start taking the bowel preparation. You must **STOP EATING 24 hours** before the procedure.

FOOD AND DRINK ALLOWED (Up to 24 hours before appointment ONLY)	FOOD AND DRINK TO AVOID
<ul style="list-style-type: none"> ✓ Lean beef, lamb, ham, veal, pork, chicken, bacon, plain meat pies ✓ Fresh, tinned, smoked seafood (no bones, shell), fish with white breadcrumbs/batter ✓ White rice, couscous, noodles, white pasta ✓ Peeled potatoes; boiled, baked or mashed ✓ Well-cooked carrots/turnip/swede (no skin), cauliflower/broccoli florets (no stalks) ✓ Sieved tomato sauces (no skin or seeds), purée, tomato/brown, Worcestershire sauce ✓ Plain gravy, cheese, sauce, plain mustard ✓ Eggs, soya, Quorn, tofu ✓ Clear or strained soups ✓ Stewed/tinned fruit (no skin/seeds/pith/pips) ✓ Cornflakes, Rice Krispies, Cornflakes etc. ✓ White bread, plain naan, chapatti, poppadum ✓ Rich Tea or other plain biscuits, crackers ✓ Plain cakes, plain scones (no fruit or nuts) ✓ Butter, milk, cheese, dairy alternatives ✓ Plain or fruit flavoured yoghurt (no bits) ✓ Jam, marmalade (no seeds, peel), marmite 	<ul style="list-style-type: none"> x Burgers, sausages, casseroles x Pies, pasties containing vegetables x All peas, beans, pulses e.g. kidney, baked, lentils, hummus x Brown rice, brown pasta, quinoa, barley x Potato skins, chips, roasted potato x Raw vegetables, salad, sweet corn, celery x Fruit (fresh, dried or tinned with pips) x Packet soups or tinned soup with vegetables x High fibre, wholemeal/multigrain breads x Wholemeal cereals, cereals with nuts, seeds, or dried fruit x Muesli, fruit and fibre, shredded wheat, bran flakes, porridge x All nuts and seeds x Yoghurt with whole fruit muesli, seeds x Digestives, Hob-nobs, oat cakes, flapjacks

<ul style="list-style-type: none"> ✓ Jelly (green/yellow only), ice cream, custard ✓ Water, tea, coffee, fizzy drinks, clear fruit juice e.g. apple juice, Lucozade 	<ul style="list-style-type: none"> x Wholegrain crackers, crackers with seeds x Cakes containing fruit, nuts or coconut x Jam or marmalade with skin/pips/seeds x Peanut butter x Cloudy juice, juice with bits, smoothies x Red or blackcurrant cordial/squash
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Advice for diabetic patients

The bowel preparation can upset your diabetes temporarily. A nurse will contact you with advice on how to manage your diabetes whilst you are fasting. If you have not been contacted, please contact us on the telephone numbers under **Contact us** and ask to speak to the pre-admission nurses. Alternatively, you may wish to speak to your diabetic nurse for advice.

FASTING AND CITRAFLEET INSTRUCTIONS

It is very important you follow the instructions below which are necessary to clear your bowel of stool and to enable the procedure to be successful.

DO NOT EAT FOOD FOR 24 HOURS BEFORE THE PROCEDURE

Please check your appointment time to see when to stop eating. During the fasting period, please **DRINK CLEAR FLUIDS ONLY**. Stop drinking two hours before your appointment time.

Clear fluids include:

Water, fizzy drinks, Lucozade, squash (not red or blackcurrant), clear soups, Bovril or broth, black tea and coffee (no milk) and jelly (green and yellow only).

Please follow the instructions on the following page (rather than the manufacturer's leaflet) and according to your appointment time.

How to prepare CitraFleet

The standard CitraFleet preparation consists of two sachets taken as instructed. If you had difficulty clearing your bowel previously or have chronic constipation, you may be asked to follow the 'Enhanced CitraFleet' regime.

Mix the contents of one sachet with approximately 150ml of cold water and stir for two to three minutes before drinking, at the times listed overleaf. Do not worry if the solution becomes warm or hot – allow it to cool a little before drinking. Follow this with another full glass of water.

It is **important to drink 2 to 3 litres of clear fluid** during the preparation period which is required to flush your bowel of stool and to keep you hydrated. Drink at least one full glass of water every hour (250ml) from 1pm to 9pm the day before and then again after the second dose in the morning, until two hours before your appointment.

What to expect when taking CitraFleet

Everybody responds differently to bowel cleansing. We advise you to remain in easy reach of a toilet as it causes multiple, often urgent, watery bowel movements. It can start working in as little as 30 minutes but may take up to three to four hours to start working in some people depending on your age, diet, if you have diabetes and whether you suffer from constipation. Your bowel motions on completion of the preparation should be a clear / yellowish watery consistency.

The CitraFleet may make you feel nauseated or sick, have abdominal bloating or cramps. Drinking plenty of fluid and walking around can help prevent this. The effects of the bowel preparation may give you a sore bottom, so we suggest using a barrier cream and soft flushable wipes.

If you are unable to tolerate the bowel preparation, vomit the contents or if by the morning of the procedure you have had little or no result in the toilet, please **Contact us** on the phone numbers above, as it may not be possible to perform the procedure.

CITRAFLEET - MORNING APPOINTMENT

Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast 7 to 8am	Eat a light breakfast but avoid high fibre foods, fruit and vegetables. This will be the last solid meal until after your procedure. (See page 4)
8am Stop eating and drink clear fluids	STOP EATING SOLID FOOD. You can have water, squash, clear soups, jelly (yellow or green only), fizzy drinks, Lucozade, black tea and coffee (no milk). Drink 2-3 litres of clear fluid during the fasting period.
Lunch Clear fluids only	You can have clear soups or broth such as Bovril or Oxo. Continue to drink plenty of clear fluids throughout the day.
5 to 6pm	Mix the FIRST sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.
Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo. Drink at least another litre of clear fluid before going to bed.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
6am (or earlier if desired)	Mix the SECOND sachet of CitraFleet in a glass of water and drink it, even if you feel your bowel is empty. Drink a further 500ml of clear fluid up until two hours before your appointment.
Two hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

CITRAFLEET - AFTERNOON APPOINTMENT

Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast	Eat a light breakfast but avoid high fibre foods, fruit and vegetables. (See page 4)
Lunch 12pm	Eat a light lunch but avoid high fibre foods, fruit and vegetables. This will be the last solid meal until after your procedure.
1pm Stop eating and drink clear fluids	STOP EATING SOLID FOOD. You can have water, squash, clear soups, jelly (yellow or green only), fizzy drinks, Lucozade and black tea or coffee (no milk). Drink 2-3 litres of clear fluid during the fasting period.
5 to 6pm	Mix the FIRST sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.
Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo. Drink at least another litre of clear fluid before going to bed.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
9am	Mix the SECOND sachet of CitraFleet in a glass of water and drink it, even if you feel your bowel is empty. Drink a further 500ml to 1 litre of clear fluid up until two hours before your appointment
Two hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

ENHANCED CITRAFLEET - MORNING APPOINTMENTS

Take two Senna tablets (7.5mg) at night for five nights before starting bowel preparation	
Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast 7 to 8am	Eat a light breakfast but avoid high fibre foods, fruit and vegetables. This will be the last solid meal until after your procedure. (See page 4)
8am Stop eating Drink clear fluids	STOP EATING SOLID FOOD. Drink 2-3 litres of CLEAR FLUIDS ONLY during the fasting period. See clear fluid examples on page 5 of this leaflet.
12pm	Mix the FIRST sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.

5 to 6pm	Mix the SECOND sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.
Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo. Drink at least another litre of clear fluid before going to bed.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
6am (or earlier if desired)	Mix the THIRD sachet of CitraFleet in a glass of water and drink it, even if you feel your bowel is empty. Drink a further 500ml of clear fluid up until two hours before your appointment.
Two hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

ENHANCED CITRAFLEET - AFTERNOON APPOINTMENTS

Take two Senna tablets (7.5mg) at night for five nights before starting bowel preparation	
Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast	Eat a light breakfast but avoid high fibre foods, fruit and vegetables. (See page 4)
Lunch 11am to 12pm	Eat a light lunch but avoid high fibre foods, fruit and vegetables. This will be the last solid meal until after your procedure.
12pm Stop eating Drink clear fluids	STOP EATING SOLID FOOD. Drink 2-3 litres of CLEAR FLUIDS ONLY during the fasting period. See clear fluid examples on page 5 of this leaflet.
12.30pm	Mix the FIRST sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids.
5.30pm	Mix the SECOND sachet of CitraFleet in a glass of water until dissolved and drink it followed by a glass of water. Continue drinking clear fluids
Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo. Drink at least another litre of clear fluid before going to bed.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
9am	Mix the THIRD sachet of CitraFleet in a glass of water and drink it, even if you feel your bowel is empty. Drink a further 500ml to 1 litre of clear fluid up until two hours before your appointment
Two hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm
Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

