

# Fistula-in-ano consent form



This form should only be used if the patient has capacity to give consent. If support is required with consent (interpreter, witness, carer, guardian, parent, or any other relevant support) please ensure they are present. If the patient does not legally have capacity, please use an appropriate alternative consent form from your hospital or hub. This form will be the result of a shared decision conversation between a clinician and patient. "You / your / me / my" hereby refers to the patient.

Please note it is common NHS practice for your consent to be taken by a clinician other than the operating or listing surgeon. This clinician will be suitably trained and competent to take consent. They will be referred to as the "responsible healthcare professional" in this form.

You will be provided with additional patient information about your procedure by your hospital or hub site. These will be provided in a language and format that suits you.

You may have questions before starting, during or after your procedure. Contact details are provided for any further queries, concerns or if you would like to discuss your treatment further. The risks quoted in this consent form for surgery assume that you have no additional factors which would increase your risk. The clinician discussing the consent with you will explain if you have health conditions or factors that may increase your risk.

## Your details (Print or sticker)

**First name:**

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**Last name:**

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**Date of birth:**

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**NHS or Hospital number:**

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**Responsible Health Professional:**

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**My requirements:** e.g, transport, interpreter, assistance

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## Details of Fistula-in-ano

<b>Fistula-in-ano Procedure:</b>	Fistula-in-ano are abnormal connections around the anus that lie between the anorectum and the surrounding perianal skin. They can arise for several reasons, the possible reasons for your fistula-in-ano will be described to you by your surgeon.
<b>Extra procedures:</b> (Tick as appropriate)	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Incision and Drainage</b> Often there are associated perianal abscesses /collections. These need draining to allow the infection to be released and you can sometimes require an extra incision around the anus.</li> <li><input type="checkbox"/> <b>Seton insertion</b> A piece of string (seton) is inserted into your fistula to allow infection to drain. Setons can be changed in the outpatient clinic or, more commonly, under another general anesthetic so your surgeon can reexamine your fistula.</li> <li><input type="checkbox"/> <b>Lay open of fistula</b> If the fistula is not involving the anal sphincter, your surgeon can make a cut through the perianal skin which opens up the fistula creating a raw area of skin that will then heal.</li> <li><input type="checkbox"/> <b>Fistula plug</b> A plug may be inserted into the fistula-in-ano. Plugs can fail and patients then require a further operation and seton insertion.</li> <li><input type="checkbox"/> <b>Biopsy</b> Your surgeon may take a piece of the surrounding perianal skin to identify the cause of the fistula; for example, inflammatory bowel disease.</li> </ul>
<b>Site and side:</b> (Tick as appropriate)	The procedure is performed in a lithotomy position, meaning lying on your back with your legs flexed 90 degrees at your hips. Your knees will be bent at 70 to 90 degrees, and padded foot rests attached to the table will support your legs. The injection will be administered into the affected area.
<b>Indication for, and purpose of surgery / benefits:</b> (Tick as appropriate)	During your procedure your surgeon will examine the anorectum and the perianal skin. They will then locate and understand the anatomy of the fistula/fistulae. They will also find out whether there are any abscesses around the anus. The abscesses will be drained (as described above) and the fistulae will either have a seton placed in them or be laid open (as described above). The purpose of these procedures is to attempt to drain any infection/sepsis so that the fistula and abscesses can heal. Healing can take some time and you may need to come back for further surgery before the abscesses/fistulae have healed.

## Possible early or short-term risks

<b>Expected</b> Will probably happen 	<p><b>Pain</b> You may not be able to sit comfortably for up to 2 weeks. You will need to take some time off work. Pain relief options will be discussed with you.</p> <p><b>Bleeding</b> A small amount of bleeding from the back passage (anus) can be expected and usually settles within a week. If the bleeding is heavy or does not settle within 2 weeks, please seek advice from your operating surgeon.</p>
<b>Common</b> Might happen (more than 1 in 20) 	<p><b>Pain on opening your bowels</b> A laxative is given to soften your stools and make opening your bowels more comfortable.</p> <p><b>Ongoing symptoms</b> Persistent or recurrent fistula, prolonged healing, fistula discharge, worsening perianal infection/fistulae. Healing can take some time and you may need to come back for further surgery before the abscesses/fistulae have healed.</p>
<b>Rare</b> Probably won't happen (fewer than 1 in 100) 	<p><b>Impaired sphincter function</b> The sphincter is a muscle that relaxes or tightens to open or close a passage or opening in the body. Patients can experience incontinence to having flatus (wind).</p> <p><b>Perioperative risks</b> There are several complications which having any operation increases the risk of - called perioperative risks ('peri' means 'around the time of'). These include allergies and risks of having an anaesthetic, which will be discussed with you by an anaesthetist.</p> <p>Other complications include a chest infection, problems with the heart (including a heart attack), a stroke, memory problems or worsened kidney function. Any existing medical problem could also deteriorate.</p> <p>Perioperative complications may increase the length of your hospital stay, require additional treatment including in some cases admission to intensive care, and may be life threatening.</p> <p><b>Significant bleeding</b> Some bleeding is expected during most procedures however significant bleeding may require further treatment. Usually it can be dealt with during the procedure but may lead to a change from the planned procedure, need a blood transfusion, or need further emergency treatment.</p>

## Possible late or long-term risks

### Expected

Will probably happen

**Further procedures** Often fistula-in-ano takes some time to heal and you may require many further procedures to change and reinsert setons, as well as remove and drain recurring infection. There are other more advanced procedures that can be performed to try and aid healing of your fistula, but these are complex and will be explained in detail by your surgeon.

### Rare

Probably won't happen  
(fewer than 1 in 100)

**Anal Canal Stenosis** This is where the back passage becomes narrowed. It usually happens after multiple perianal surgery and may cause scarring around the anus which can result in a narrowing of the anus known as anal stenosis. This can require dilation (stretching) and sometimes patients are required to self-dilate at home, but this happens very rarely.

**Incontinence** This is where you lose the ability to control passing flatus but can also cause leaking of stools. It is a rare complication of this surgery, and more common in women who have given birth via the vaginal route. This can be permanent.

**Blood clots (deep vein thrombosis or pulmonary embolus)** Blood clots can form in the veins of the legs (deep vein thrombosis), causing pain and redness in the leg, and are more likely to occur after an operation, when people move around less.

These clots can occasionally also travel from the legs to the lung (pulmonary embolus) and can cause problems with breathing. Clots in the leg or lung require treatment such as with blood thinning medications.

This risk may be reduced by getting moving early after an operation and wearing compression stockings and having blood thinning injections.

## Patient specific risks

### Patient Specific Risks

## Patient specific concerns

If you have any **specific concerns or personal risks** to you from your treatment, you can record them here. Please use this space to **record any concerns around allergies / reactions** and also any life saving **procedures that you do not wish to be carried out** without further discussion.

Any extra procedures which may become necessary during the procedure:

Blood transfusion:

Other procedures (please specify): \_\_\_\_\_

Patient name: \_\_\_\_\_

NHS or Hospital number: \_\_\_\_\_

## Statement of healthcare professional

(to be filled in by health professional with appropriate knowledge of proposed procedure)

- I am suitably trained and competent and have sufficient knowledge to consent this patient in line with the requirements of my regulatory body.
- I have discussed what the treatment is likely to involve, the benefits and risks of this procedure.
- I have discussed the benefits and risks of any available alternative procedures or treatments including no treatment.
- I have considered any additional patient-specific factors and discussed these with the patient alongside their particular concerns.
- I can confirm that the patient has the capacity to give consent.

Patient information leaflet provided:  Yes /  No – Details: \_\_\_\_\_

Copy of consent form accepted by patient:  Yes /  No

Name: \_\_\_\_\_

Job title: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Statement of patient

**Please read this form carefully. If you have any further questions, do ask – we are here to help you. You have the right to change your mind at any time, including after you have signed this form.**

**You must consent to the following section to proceed with your surgery:**

- I confirm that I have read and understood pages 1 to 5 of the consent form.
- I understand the diagnosis and agree with the course of treatment described on this form.
- I have had the opportunity to discuss treatment alternatives, including no treatment.
- I have had the purpose, aims and possible risks of treatment explained to me.
- I understand that the operating person, who will have appropriate expertise to carry out the procedure, may not have been involved in my pre-operative assessment or care to date.
- I understand my anaesthetic options will be or have been discussed with an

anaesthetist where we will jointly decide which option is best for me. I understand that the type of anaesthesia may need to be altered if there are any complications during the procedure.

- I have been told about additional procedures which are necessary prior to treatment or may become necessary during my treatment. This may include permanent skin marks, photographs, and / or tissue samples to help with treatment planning and identification.
- I understand that any procedure in addition to those described on this form will only be carried out if it is necessary to save my life or to prevent serious harm to my health. I have spoken to my health care professional about any lifesaving procedures I do not wish to happen.
- I understand that relevant and appropriate patient specific data for this procedure will be collected and may be used in the context of providing clinical care, and/or audit purposes in compliance with Data Protection Act (2018).

**Additional Consent: This section will not stop you from receiving surgery but will help with future learning and training. Please tick if you consent:**

- I understand that there may be health care professionals that are training during my procedures such as medical students, and trainee nurses. I consent that they may participate in examinations relevant to my procedure, supervised by a fully qualified professional.

- I understand that information collected during my procedure including images, may be used for education and research (which may be published in medical journals). All information will be anonymised and used in a way that I cannot be identified.
- I agree that my health records may be used by authorised members of staff, who are not directly involved in my clinical care, for research approved by a research ethics committee and in compliance with the Data Protection Act (2018).

Tick if relevant:  I confirm that there is no risk that I could be pregnant.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Statement of interpreter witness

(where appropriate)

- I have interpreted the information contained in this form to the best of my ability and in a way in which I believe they can understand.
- or
- I confirm that the patient is unable to sign but has indicated their consent.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Patient name:

NHS or Hospital number:

## Anaesthesia

Anaesthetic is used to allow surgery to take place painlessly. It may include medicines which put you to sleep or those which only numb the area you are having operated on while you remain awake. This can be done in a variety of ways and your anaesthetist will advise you on your options and talk to you about the risks, complications, and benefits of types of anaesthetic. If there are particular anaesthetic risks/concerns for any particular patient these should be separately documented in the patient's records.

Anaesthetic options and risks will be discussed with you on the day of surgery with an anaesthetist. This is a shared decision-making process, and you will jointly decide and agree which anaesthetic option is best for you. Please remember that if there are any complications during surgery, your anaesthetist may need to alter the type of anaesthesia and will explain this to you before the procedure.

For further information about the types of anaesthetic you may receive, and potential risks please see information below.

### Types



### Risks



<https://www.rcoa.ac.uk/documents/anaesthesia-explained/types-anaesthesia>

<https://www.rcoa.ac.uk/patient-information/patient-information-resources>

If you do not wish to access the additional patient information via link or QR code, please speak to your clinician and they will provide you with a hard copy. These will be provided in a language and format that suits you.

## To be filled out by Anaesthetist (On day of surgery)

Name of Anaesthetists on the day:

Date:

I confirm I have discussed the different anaesthetic options with the patient, including risks and benefits and we have jointly decided what the preferred anaesthetic is.

Please note the preferred method of Anaesthesia as discussed between the patient and anaesthetist below:

Signature:

## To be filled out by your responsible healthcare professional (On day of surgery)

Reconfirmation of consent / Withdrawal of consent (where appropriate)

Reconfirmation of consent:

Withdrawal of consent:

See advance decision to refuse treatment:

Name:

Date:

Signature:

The responsibility for informed consent is between the patient and the consenting clinician and the NHS trust. NHS England, Getting It Right First Time (GIRFT) and associated organisations are supplying this resource which should be used/amended by the clinician as they see fit according to their clinical judgement. NHS England, GIRFT and associated organisations do not accept any liability for the consent collected using this resource or the subsequent treatment including surgical and additional procedures.