

Medical Division - Endoscopy

Flexible-sigmoidoscopy

Introduction

Your GP/Consultant has recommended a Flexible-sigmoidoscopy; a procedure to look at the lower part of your colon using a thin, flexible camera (endoscope). You will be provided with a written information leaflet that details specific instructions relating to your colonoscopy and your medications, including the specific laxative preparation for this. [If you do not receive written information please contact the Endoscopy Department on 0151 604 7095.](#)

Guidance for Patients

Common reasons for having a Colonoscopy include:

- Weight loss and abdominal pain
- Rectal bleeding
- Iron-deficiency anaemia
- Changes in bowel habit
- Surveillance for conditions such as colonic polyps, Inflammatory Bowel Disease or colorectal cancer

While you are waiting for your procedure your GP/Consultant may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being.

This may include:

- Lifestyle changes
- Medication

What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance.** They will be able to advise if this is something they can support you with during your wait, or they will be able to direct you to the appropriate service to determine a management plan.

Contact Us

Admission Date: Please contact The Endoscopy Booking Team on 0151 604 7095

Emergency Advice: Please contact NHS 111