

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust, Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Examination for Colorectal Symptoms

Surgical Services

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:
[https:// www.wvl.nhs.uk/patient-information-leaflets](https://www.wvl.nhs.uk/patient-information-leaflets)
or scan the QR code.



EMPLOYER RECOGNITION SCHEME

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Author ID: NM
Leaflet Ref: Surg 053
Version: 6
Leaflet title: Examination for Colorectal Symptoms
Last review: October 2022
Expiry Date: October 2024

As you have symptoms suggestive of lower bowel problems, it will be necessary to examine your back passage and rectum.

Benefit of examination

The examination helps us to diagnose lower bowel problems

Alternative

None, if you do decide against having this examination, then there is a possibility of a missed diagnosis.

Risks

- Rarely bowel perforation
- Transmission of infection
- Bleeding - minimal

The examination entails:

- Removing your lower garments behind the curtains
- Lie down on the couch on your back

- After a routine examination, you will be required to turn onto your left side
- Initially, examination of your bottom will be carried out
- Examination of your back passage will be carried out with a gloved lubricated finger. If this causes considerable pain, let us know and we will stop.
- A lubricated instrument – sigmoidoscope will be inserted in the back passage, this will cause slight discomfort.
- Air will be used to open the bowel walls, this may cause griping pains, passage of wind or sense of defaecation.
- Please tell us if this is painful, or if you cannot tolerate this procedure, we will stop immediately

- A biopsy (specimen taken) may need to be carried out, if a problem is identified, this may cause slight discomfort or bleeding.
- Sometimes a second smaller lubricated tube (proctoscope) is inserted. This examines the anal canal area and does not require the passage of air.

Aftercare

If a biopsy (specimen) has been taken, you will receive a letter regarding the results approximately two weeks after the examination. If needed an Out Patient appointment will be sent to you.

Contact information

If you experience any further problems, please contact your GP.