

Having a Colonic Stent

Patient Information

Endoscopy Services



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Important information

Please read through this leaflet carefully as soon as possible. Do not leave it to just before your appointment as this may cause problems preparing for your test.

Please contact the Endoscopy Department immediately if you:

- are diabetic
- taking iron tablets or liquid
- have suffered a heart attack, stroke or TIA within the last 3 months
- are on kidney dialysis
- are taking warfarin or acenocoumoral (Sinthrome®)
- are taking clopidogrel (Plavix®) or dipyridamole (Persantin® or Asasantin®)
- are taking ticagrelor (Brilique®) or prasugrel (Efient®)
- are taking other anti-coagulants (Dabigatran or Pradaxa®, Apixaban or Eliquis®, Rivaroxaban or Xarelto®, Edoxaban or Lixiana®)

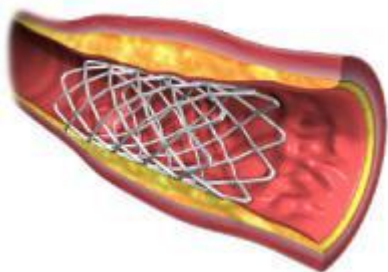
Endoscopy Unit at Royal Albert Edward Infirmary telephone 01942 822450

Having a Colonic Stent

Your doctor has advised that you should have a colonic (or large bowel) stent because you have a narrowing (or stricture) of your bowel which is making it difficult for you to pass a motion and may be causing you pain.

What is a colonic stent?

A colonic stent is a mesh tube which is made of special metal alloys which enable it to be flexible and durable. It is placed across the narrowing in your colon in a collapsed state but it is designed so that it expands like a spring once it has been released. This creates a hollow tube which holds the narrowed area open and will hopefully improve your symptoms.



Why have I been referred for a colonic stent?

Your doctor has suggested this treatment because you have a narrowing or blockage of your colon. There are a number of causes for this but the most common reason for inserting a colonic stent is bowel cancer. The stricture can make it difficult for you to pass

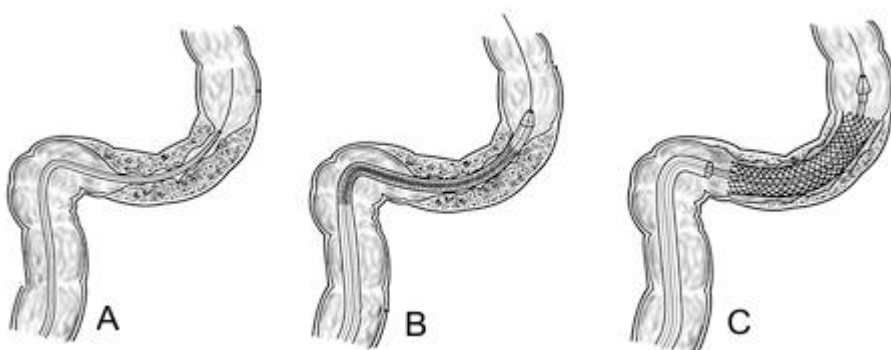
a motion and can cause pain, bloating and vomiting. Once the stent is in place, it will remain in your bowel and these symptoms will improve.

How is a colonic stent inserted?

Colonic stent insertion is usually carried out as part of a colonoscopy or flexible sigmoidoscopy procedure. You will receive a separate information leaflet regarding these procedures and you should refer to these leaflets before reading any further. As outlined in these leaflets, you may receive medication to wash out the bowel before your procedure and you will receive sedative drugs during the test. Please take time to read and follow the instructions carefully.

The colonoscope is inserted in to the back passage and manoeuvred around your colon until the narrowing can be seen. A thin wire is passed through the colonoscope and then through the narrowing in your bowel. Using the wire as a guide, the stent is placed across the stricture in its collapsed state and its release mechanism is deployed. X-rays are used to ensure it expands in the correct position. The guide wire and endoscope are then withdrawn from your bowel. The whole procedure can take up to an hour.

It may take up to 24 hours before the stent reaches maximum expansion. It will only stretch as far as the narrowing in your bowel allows, up to a maximum diameter of about 3 cm.



Insertion of a colonic stent:

- A: A wire is passed through the narrowing in your bowel.
- B: The collapsed stent is pushed over the wire into the correct position.
- C: The stent is deployed allowing it to expand and open up the narrowing in the bowel.

What are the benefits?

The colonic stent will relieve the blockage of your bowel and improve symptoms such as pain, bloating, vomiting and difficulty opening your bowels. It may avoid the need for urgent surgery, if this carries a high risk.

What are the risks?

The main risk of colonic stent insertion is causing a tear in the bowel wall, otherwise known as a perforation. This can occur in less than 5% of patients. If perforation does

occur, emergency surgery is usually required to remove the part of the bowel which has been damaged. A stoma (bag on the abdomen) may be necessary. Occasionally, the stent can become dislodged which may then cause discomfort. If this happens, the stent may need to be removed requiring another colonoscopy. It may then be possible to have a new stent inserted.

Although most patients can not feel the stent once it is in the correct position, some patients report a degree of abdominal discomfort, particularly in the first two weeks after insertion. If you experience ongoing discomfort, bloating or abdominal spasms, please contact the endoscopy unit for further advice.

Are there any alternatives to colonic stent insertion?

The only alternative to colonic stent insertion is an operation to remove the narrowed part of your bowel. However, surgery carries the risk of a general anaesthetic and complications such as infection. Surgery will often require the formation of a stoma (bag on your abdomen). The risks of surgery may be considerably higher if you have other medical conditions and your doctor may feel that colonic stent insertion is a safer treatment.

After your procedure

You will be able to rest in the recovery room until the immediate effects of the sedation have worn off. Most patients can go home the same day provided they are accompanied home and have a responsible adult at home with them for that day and overnight. Sometimes, the colonoscopist might advise that you stay in hospital overnight as a precaution. Please bring an overnight bag with you in case this is recommended.

Your bowel function will improve over the next few days but it generally helps to eat a low fibre diet. As a general guide, this means eating food that does not need a lot of chewing. A daily dose of softening laxatives may be recommended to keep your motions loose and easy to pass.

Your results

Once you are fully awake, a doctor or nurse will provide some information regarding what was found during the procedure, the treatment that was carried out and any further tests that may be required. If you would like a friend or relative to be present, we can do this with your consent.

Cancellations

If you are unable to keep this appointment, please let us know as soon as possible on the phone numbers given on the first page of this leaflet. This will allow us to give your appointment to another patient and rearrange another one for you.

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)

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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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