

## Following your Proctoscopy

Further tests may be requested by the Consultant. These tests may be completed on the same day of your examination or a future appointment date will be given.

If you have not received sedation you may go home as soon as you have had a light snack and follow up instructions have been given. You can then resume all normal activities immediately.

If you have received sedation you will be observed in the recovery area until the effects of the sedation have worn off. The IV line will be removed from your arm before you go home.

When you have sufficiently recovered, you will receive a light snack and your discharge instructions.

You will then be able to go home once the person collecting you has arrived at the unit. **They must come to collect you from the Endoscopy Unit.**

## Contact Details for Endoscopy Unit

If you require any other information regarding your Proctoscopy contact:

Phone: 01 663 9847

Monday - Thursday 07.30am - 18.00pm

Friday 07.30am - 16.30pm

Email: [dayward@stmichaels.ie](mailto:dayward@stmichaels.ie)

If you cannot attend this appointment please ring us immediately. Phone: 01 271 3074

Please contact a member of staff if you require this information in large print, audio format or another language.

## Consent Form

I .....

Parent/Guardian of .....

I/We have read the information on this leaflet and understand the procedure that will be performed and that I/We will have the opportunity to ask questions before the procedure.

I understand the risks and benefits of, and alternatives to, the procedure. I understand that sedation may be required and that any other procedure found to be necessary will be performed. I understand the transfusion of blood/blood products may, rarely, be necessary and I agree to receiving these.

I am aware that tissue samples may be taken of necessity and may be retained for future testing and/or education and research.

I/We consent to undergo the procedure of Proctoscopy.

Signed .....

Date .....

(Patient)

Signed .....

(Parent/Guardian)

Signed .....

(Endoscopist)

Date: .....

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# St. Michael's Hospital

Dun Laoghaire - Dublin



## Proctoscopy

## Patient Information and Consent Form

Please read this information and consent leaflet prior to your procedure and bring with you on day of appointment.

## What is a Proctoscopy?

A Proctoscopy is an internal examination of the anus and lower part of the rectum. The examination is performed using a proctoscope (A plastic or metal tube with a light on it).

### Benefits:

The aim of the procedure is to determine any abnormalities of the anus or the lower part of the rectum such as Hemorrhoids a tear of the skin (fissure) inflammation or stricture. It is also possible to perform minor procedures during the proctoscopy such as taking tissue samples for laboratory testing or the treatment of haemorrhoids.

### Risks

Proctoscopy is a safe test but there are some risks. Complications include, but are not limited to, perforation (tear), haemorrhage (bleeding), or reactions to medications. Complications may require urgent treatment including surgical intervention (operation) and can carry risks to life and health.

### Preparation for your Proctoscopy:

- To allow a clear view, your rectum (and anus) your bowel must be empty. To enable this, you may be given an enema after you arrive in the hospital which will clear the lower bowel before the examination.
- Do not eat anything for 6 hours before your admission time (including chewing gum).
- Do not drink any fluids for 2 hours before your admission times.

### Conscious Sedation

- A Proctoscopy is normally done without sedation, this has the advantage that you can go home almost immediately after the test once you have had a small snack.

### Proctoscopy Under Sedation:

- If you request your procedure to be performed under sedation. This is different from a general anaesthetic. You will be awake enough to talk with staff during the test and tell

them if you are having any discomfort, you may remember things about the test.

**• Because of the sedation you must be collected on discharge. You will not be allowed to drive or travel unaccompanied after the test.**

**• It is illegal to drive for 24 hours after conscious sedation and you must be accompanied home. If you have not made travel arrangements for discharge and you want sedation your Proctoscopy may be cancelled**

### Consent

You are asked to read the information contained in this leaflet. You do not sign the consent form until you come into the Endoscopy Unit, bring this form with you. The doctor performing the test will answer any questions you may have and you may change your mind at any time.

### Procedure

- A nurse will stay with you throughout the examination.
- If necessary, the team will put an IV line in your arm. Your pulse and oxygen levels will be monitored.
- You will be asked to lie on your left side.
- The doctor will first perform an external examination of the anus and surrounding area.
- Subsequently the doctor will perform an internal examination of the anus. This is called a digital exam.
- The proctoscope is then gently inserted into the anal passage for examination.
- The proctoscope is then gently removed.
- If a minor procedure is required at this stage i.e. injection or banding of haemorrhoids the doctor will discuss this with you and it can be done immediately.
- This test will take up to 15 minutes.
- There may be other members of the hospital multidisciplinary team present during the procedure for educational purposes.
- Samples of the intestine (biopsies) may be taken as part of your care, in order to diagnose or exclude particular diseases.

## Banding of Haemorrhoids:

Banding is a common treatment for haemorrhoids. This can be done during your proctoscopy. The haemorrhoid is grasped by the doctor and a rubber band is placed at its base. This cuts off the blood supply and it drops off after a few days. The surrounding tissue will heal with some scar tissue. A small number of people can have complications following banding such as bleeding, urinary problems or infection at the site of the treated haemorrhoids.

### Imaging/Biopsies

The images or samples taken may be retained by the hospital for further testing and/or education and research in accordance with hospital procedures. In any such event, patient confidentiality will be maintained at all times.

### Special Requirements

If you use a wheelchair or have a physical or any other disability, please contact us to let us know in advance so that we can ensure you receive appropriate supports.

### FAQ's (Frequently Asked Questions)

**Will it hurt?** A Proctoscopy can be uncomfortable but shouldn't be painful, we will monitor your pain throughout and can administer pain control if required.

**When do I get my results?** We aim to give you any results available on the day, any follow up tests carried out will be forwarded to your GP or we will arrange for you to be seen in Outpatients Dept., whichever is appropriate.

**How long will I be in hospital for?** Up to 5 hours from your admission time.

**Can my relatives stay with me?:** As it is a patient care area we ask that relatives/friends do not remain with patients, unless it is in exceptional circumstances or for consent purposes.