

Common Causes Of Bowel Problems

Haemorrhoids (Piles)

These are veins within your bottom which become swollen and painful and can sometimes bleed.

If you are diagnosed as having piles (haemorrhoids) you may be offered treatment at this visit. This can be through banding, this involves using a small instrument to put a very tight elastic band over the haemorrhoid, this cuts off the blood supply to the haemorrhoid so that it should drop off, usually within 3-7 days. Directly after the procedure, you may notice some blood on the toilet paper after going to the toilet. This is normal, but there should not be a lot of bleeding. If you pass a lot of bright red blood or blood clots (solid lumps of blood), go to your nearest accident and emergency department immediately.

There may be some discomfort for a couple of days and simple pain relief can be taken at home.

Polyps

These are growths that stand out from the lining of the bowel. They are usually harmless and can be treated fairly easily. Small polyps will be removed.

During the course of the examination, a biopsy may be taken. You will be fully informed of the outcome of your results either in clinic or via a letter. Discharge advice and information will be given before you leave the hospital.

Thank you.

If you require this document in an alternative format or language, please contact 01282 803765.

Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba, prašome susisiekti su mumis



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<http://www.elht.nhs.uk/services/endoscopy>

NHS

East Lancashire Hospitals
NHS Trust

East Lancashire
Colorectal Service

Your Appointment with
the Colorectal Team

Safe | Personal | Effective

Your GP has asked for an appointment with the colorectal team based at your local hospital. The clinic is staffed by qualified nurses and healthcare assistants who are there to answer any questions that you may have.

Please try not to feel embarrassed or too uncomfortable to discuss your bowel problem and symptoms or ask questions. We know that no one likes discussing their bowels, and that it can be embarrassing, but the staffs sees patients with bowel conditions every day.

This leaflet explains some of the possible causes of bowel problems and suggests some things that might be helpful for you to consider before you visit the clinic.

In order to help us assess your condition, we would like you to think about the problems you are having with your bowels. Think about any changes in bowel habit/pattern and any new symptoms that you are experiencing or have experienced. It can be helpful to use a diary to record your change in symptoms to help identify if there are any patterns.

The following points are some of the things that you might be asked about at the clinic and so should be thinking about:

- What is your bowel problem and duration?
- Have you had any bleeding or mucus/slime coming from your bottom?
- Do you have any tummy pain and if so where?
- Is there any pattern? Time of day / after eating / are the symptoms always there?
- Have you changed your diet recently?
- Have you been abroad?
- Are you taking any medication or had a change in medication? If so, bring a list with you of what they are.
- Is there any family history of bowel problems?

When You Arrive at the Clinic

You need to come to the:

- Royal Blackburn Teaching Hospital, Endoscopy Department, Level 1

You will be asked to check-in at the reception desk. The staff will then check your details and let you know when you will be examined and let you know how long to expect to wait if the clinic is running late. The nurse will assess you, and may give you an enema to clear the bowel to allow the Consultant/Nurse Endoscopist to view the inside of your bowel.

During Your Visit

You will be seen by the Consultant/Nurse Endoscopist, who will discuss your condition and try to assess your problem using the information you were asked to consider. Your tummy and bottom will be examined by Consultant/Nurse Endoscopist.

If you need a bowel examination this will be done by using a tube that is inserted into your bottom. An enema will be given at this point to clean the lower bowel. At the tip of the tube, there is a camera and bright light to help gain a clear image of your bowel lining. The whole tube, including the camera and light, is about the thickness of your index finger.

Try to empty your bowels before you attend the appointment as this will help the examination. It may be necessary for you to have some more tests before your problem can be diagnosed. The Consultant/Nurse Endoscopist will inform you and organise tests.

Practicalities That You Need to Consider

Clothing

Wear loose, comfortable clothing.

Time to Allocate for the Visit

If you are having tests done during your clinic visit you are likely to be there for up to 1-4 hours, depending on how busy the clinic is. Entonox (gas and air) is offered as pain relief and you can drive home after 30 minutes.

Refreshments Provided

A drink is offered following the procedure.

Getting Home Afterwards

Depending on how you feel following your procedure, it might be better for you to arrange for someone to bring/collect you.

It is really important you attend your hospital appointment. This may be on any of our hospital sites. This is to ensure patients are seen as soon as possible. Not attending causes delay in other patients being seen promptly.

IF YOU ARE UNABLE TO ATTEND PLEASE CONTACT US ON 01282 803765.