

## Colorectal Clinic



## Colorectal Unit

## **What to expect when you visit the Colorectal Outpatient Clinic**

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You have been referred by your GP or another hospital specialist for an opinion about your condition.

At your appointment you will be seen either by one of the Consultant Colorectal Surgeons or other members of the Colorectal Team. Members of the team include Specialist Nurses and junior doctors.

You may like a member of your family or close friend to come with you to your appointment.

If you do, please feel free to bring them into the consultation room for support.

## **What happens at my clinic appointment?**

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Most of your time in the outpatient clinic will be spent discussing your symptoms with a member of the Colorectal Team. This “medical history” allows us to draw up a list of possible causes for your symptoms.

## **Will I need to be examined?**

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As part of your clinic appointment, you may require a physical examination of the abdomen or a digital rectal examination.

If this is the case, one of the clinic nurses will prepare you for this examination and, if appropriate, remain with you as a chaperone throughout. During a rectal examination, you will be asked to lie on your left side with your knees drawn up to your chest. The doctor will then examine you with a gloved finger to feel just inside the back passage.

This examination is slightly unpleasant rather than painful and a good way to relax is to breathe slowly and deeply with your mouth open.

## **Are there any other examinations that might take place?**

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On occasions, it may be helpful for the doctor to look inside the very lower part of the back passage using a small tube with a bright light (proctoscopy or sigmoidoscopy). During sigmoidoscopy, some air is pumped into the back passage which may give you a feeling of wishing to pass wind. The pressure is released before removal of the tube and so there should be no ill effects afterwards.

## **Are there any tests or treatments that might be done?**

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### **Biopsy**

Sometimes, the doctor may want to obtain a small sample of the bowel lining (biopsy) to establish the nature of a polyp (small bump) or to confirm any inflammation found. This is usually performed during proctoscopy or sigmoidoscopy and is usually painless.

### **Treatment of Haemorrhoids (Piles)**

Sometimes during examination, haemorrhoids are identified which may be suitable for treatment by injection of a special fluid (sclerotherapy). This involves injecting a small volume of fluid into the haemorrhoid to try and shrink it away.

## **Are there any potential complications?**

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Complications from these simple procedures are rare. The most common problem is minor bleeding, pain or infection. If you have any concerns or problems you should seek advice from the hospital or your GP.

## **Could I be referred for other investigations?**

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The most likely investigation arranged from the Colorectal Outpatient Clinic will be a special camera examination of the bowel in the Endoscopy Unit (flexible sigmoidoscopy or colonoscopy). In most cases, you will be asked to visit the Endoscopy Unit after your clinic appointment to try and arrange a date for this to be done.

Occasionally you may be asked to have an x-ray or a scan. Most tests in the X-Ray Department are arranged by telephone once the request form has been received.

You may need to take a special medicine the day before one of these tests is done to clean out your bowel. The doctor who sees you will give you more information about this.

Further information about any tests you need will be given or sent to you by the Endoscopy or X-Ray Departments.

For some tests, you may be asked to have a blood test to check your kidney function. This is important to make sure that you can safely take the medicine used to clean the bowel or have an injection of contrast dye which is used in some x-rays.

## **Do I have to have these examinations/tests?**

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No. If you do not want to be examined then please tell the doctor who sees you.

If you would like some time to think about any tests requested then please let the doctor know this as well.

## What happens next?

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Once the results of any tests are available, usually your Consultant will write to you and your GP. If we would like you to have any additional tests or would like to see you again in clinic then an appointment will be sent to you.

## Will I be able to drive or return to work after my clinic appointment?

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Usually you will be perfectly safe to drive or return to work. However, if you have some haemorrhoids that the doctor would like to treat in clinic then you may be asked not to go back to work that day.

## Contact details

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If you would like to speak to someone about your clinic appointment then please telephone the secretary of the Consultant responsible for your care as detailed below:

<b>Mr Iain Jourdan</b>	<b>01483 464094</b>
<b>Professor Tim Rockall</b>	<b>01483 402769</b>
<b>Mr Andrea Scala</b>	<b>01483 571122</b> <b>ext 4196</b>
<b>Mr John Stebbing</b>	<b>01483 464195</b>

## Additional information and key reference sources

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[www.stmarkshospital.org.uk](http://www.stmarkshospital.org.uk)

Association of Coloproctology

[www.acpgbi.org.uk](http://www.acpgbi.org.uk)





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## PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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