



Information for  
patients and  
carers

## Using a Phosphate Enema

Preparing for your Flexible Sigmoidoscopy

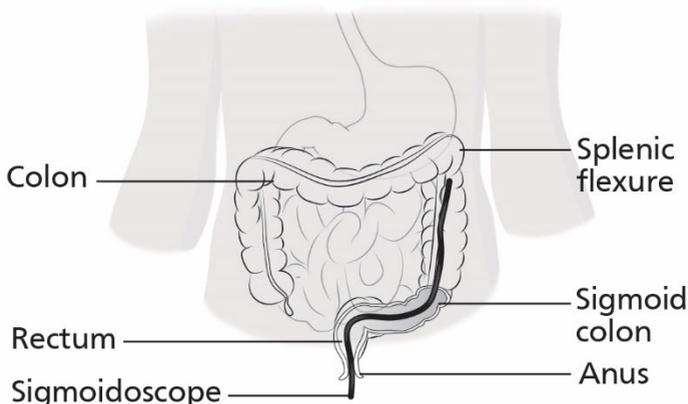
You have been given an appointment to have a flexible sigmoidoscopy. This is an examination of your bowel, where a flexible tube with a camera at the end is passed through your back passage (rectum) and up inside your bowel by a specially trained doctor or nurse.

You should have received the leaflet, 'Having a flexible sigmoidoscopy', which explains the test in more detail. If you have not received a copy of this, please ask us for one.

You will be given a phosphate enema on the endoscopy unit by the admitting nurse prior to your procedure.

## What is a phosphate enema?

An enema is fluid that is placed in your rectum to clear your bowel. The phosphate enema you have been/will be given is a single-dose disposable enema that will clear out and clean the section of your bowel that will be examined during the test. The enema will be administered to you by a trained nurse before your examination, to make sure your endoscopist (the doctor or nurse who will carry out your test) is able to see the walls of your bowel clearly.



## The day before

It is recommended that you eat a low fibre diet the day before your procedure e.g. white meat, skinless chicken, grilled or poached fish, white bread, pasta, boiled or mashed potato, cheese or eggs. It is also recommended that you drink plenty of water.

## The day of your appointment

- If your appointment is in the morning, please do not have your breakfast
- If your appointment is in the afternoon, please do not have your lunch
- Avoid red drinks and red jelly
- You can drink clear fluids up to 2 hours before your appointment time

## Contact details

Should you require further advice or information please contact

**Endoscopy - Preston 01772 524958** (08:00 – 18:00 Monday – Friday)

**Endoscopy - Chorley 01257 245649** (08:00 – 18:00 Monday – Friday)

Out of hours please ring **Gastroenterology ward on 01772 522319**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

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

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں یبہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

**Arabic:**

مطبوعه بأ حرف كبير ة و بلغات إذا كنت تريد مساعدة في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

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**Division:** Diagnostics and Clinical Support  
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