

## Day Surgery Unit

# Information for patients following a Rectal/Anal operation

You may be having one or more of the procedures outlined below:

### **Examination under Anaesthetic (EUA)**

You will be given a general anaesthetic, which means you will be put to sleep, for this procedure. The surgeon is then able to take a more detailed look at your back passage.

### **Sigmoidoscopy**

The sigmoid colon is the lower end of the bowel extending upward 17 inches from the anus and rectum. A sigmoidoscopy is an examination of the rectum and sigmoid colon using a sigmoidoscope to allow a direct visual examination

### **Proctoscopy**

This procedure is used to look into the anus and lower rectum.

### **Anal Fissure**

A fissure is a surface tear of the anus that can be very painful as it causes muscle spasm. This can cause pain on the passage of a motion. Treatment is either by a sphincterotomy or anal stretching.

### **Lateral Sphincterotomy**

This is where the surgeon slightly nicks the sphincter (muscle of the anus)



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to weaken the muscle which should relieve pain on passing of a motion.

### **Anal Stretch**

The surgeon stretches the anus to allow easier passage of motions.

### **After the operation**

The above procedures are usually performed under a general anaesthetic. Once you are awake you will return to the ward and you will be encouraged to sleep off the anaesthetic. You will remain on the ward for a minimum of one hour to allow you to recover from your anaesthetic after your operation.

### **Discharge**

- Before you can be discharged both your surgeon and the anaesthetist must agree that you are fit to go home;
- A letter will be sent to your GP explaining the operation you have had and detailing any medication you may have been prescribed;
- If you require an out-patient's appointment you will receive an appointment by post;
- If you have any queries please ask the nursing staff.

### **Going home**

- If you have had a general anaesthetic a responsible adult must collect you from the ward when you are ready to be discharged;
- You **will not** be allowed to go home unaccompanied in a taxi;
- You must arrange for a responsible adult to stay with you for 24 hours after your operation.

Please note that if you have had sedation; for 24 hours after the procedure, you must not:

- Take alcohol;
- Operate heavy machinery;
- Sign any legally binding documents.

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### **Pain relief**

While you are in the operating theatre local anaesthetic will be injected into your wound. This should keep you pain free for 4 to 6 hours, until you reach home. Once the anaesthetic starts to wear off, household painkillers that you normally take should alleviate any pain or discomfort.

**It is advisable to avoid pain killers containing codeine as this may cause constipation. Ask your pharmacist for advice.**

**Always read the instructions given with medicines carefully.**

### **Eating and drinking**

You may eat and drink as normal once you return home. It is advisable to eat a high fibre diet and try to drink plenty of fluids to avoid constipation.

### **Bathing**

Please take daily baths for one week.

### **Returning to work**

On discharge you will be given advice on when you will be able to return to work.

This will depend on what procedure you have had, and any other factors that may influence the decision. If you need to have time off work please get a sick note from your GP.

### **Further information**

If you have a dressing or a pack applied, or if you require nursing care, for example, visits from the district nurse, you will be given further written information regarding this.

### **Convalescence**

You may feel tired once you reach home, this may last for a few days. You must be prepared to recover at your own speed.

## Patient Information

### Further written information

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### Further Information

If you require any further information or have any concerns, do not hesitate to contact:

#### The Day Surgery Unit:

Telephone 024 7696 6868 or 024 7696 6861

Open 8.00am to 9.00pm.

Or alternatively **contact your own GP**.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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