

NHS Direct Access for Lower GI Flexible Sigmoidoscopy or Colonoscopy Referral Criteria

Exclusions

2 week waits

On fitness grounds – e.g. too frail etc

Cardiac implants for Highgate Hospital

Colonoscopy (indications for diagnostic)

Symptoms suggestive of colorectal cancer:

- ≥40 years with rectal bleeding with a change of bowel habit towards looser stools and/or increased stool frequency persisting 6 weeks or more
- Patients at any age with altered blood or blood mixed in stool
- ≥60 years with rectal bleeding persisting for 6 weeks or more without a change in bowel habit and without anal symptoms
- ≥60 years with a change in bowel habit to looser stools and/or more frequent stools persisting for 6 weeks or more without rectal bleeding
- Men of any age with unexplained iron deficiency anaemia
- Non-menstruating women with unexplained iron deficiency anaemia

Flexible Sigmoidoscopy (indications for diagnostic)

- Investigation of diarrhoea with or without bleeding in acutely ill patients¹
- Investigation of rectal bleeding in absence of altered bowel habit (≥ 40 years; fresh Bleeding not mixed with stool)¹
- Investigation of equivocal radiological abnormalities in the rectum or sigmoid colon
- Surveillance of rectal stump in FAP⁸
- < 40 years with persistent and/or recurrent bleeding with or without change in bowel habit
- Surveillance by pouchoscopy for patients with IPAA (for IBD or FAP)⁸

Other indications:

- In patients with melaena after upper GI source was excluded
- In patients with emergency admission with rectal bleeding
- Clinically significant diarrhoea of unexplained origin (including microscopic colitis)⁷
- Abnormal or suspicious findings in colon on barium enema, CT or virtual (CT) colonography
- Unexplained abnormalities of terminal ileum on small bowel imaging
- Persistent abdominal symptoms with raised CRP or faecal Calprotectin
- Screening in patients with significant family history of, or other risk factors for, colorectal cancer
- Surveillance of patients with IBD

Please see the British Society of Gastroenterology for further reference via the following link:

http://www.bsg.org.uk/images/stories/docs/clinical/guidance/indications_diagnostic_endoscopy_13.pdf

Sites

- Highgate Hospital, 17-19 View Road, Highgate, London, N6 4DJ (Highgate Hospital)
- London Independent Hospital, Stepney Green, E1 4NL (InHealth)
- Blackheath Hospital, South London, SE3 9UD (InHealth)
- InHealth Diagnostics Centre, Ealing, W13 8RD (InHealth)