

Transanal Endoscopic Microsurgery (TEMS)

What is TEMS?

Transanal Endoscopic Microsurgery (TEM) is a specially designed technique which allows surgery to be performed within the back passage (rectum) using a special instrument called an endoscope (telescope).

What is it used for?

It can be used to remove small early cancers or benign (non- cancerous) polyps from the rectum, avoiding major surgery leaving the rectum intact which will allow the bowel to function normally.

What happens before the operation?

Prior to your admission to hospital you will need to have a pre-operative assessment. This is an assessment of your health to make sure you are fully prepared for your operation. The pre-operative assessment nurses will help you with any worries or concerns and will give you advice regarding any preparation needed for your surgery.

It is necessary before surgery that the bowel is clear to allow the surgeon to operate in a clean and empty bowel. You will be prescribed some form of bowel preparation (usually sachets to drink) to take the day before surgery to empty the bowel.

Before your admission, please read closely the instructions given to you. You will be advised when to stop eating and drinking and about taking your regular medication if necessary. You will be admitted to the hospital on the day of your surgery.

How is the operation performed?

Most operations will be performed under a general anaesthetic (fully asleep), although some patients who are less fit can have surgery performed whilst awake but with a local anaesthetic block (spinal anaesthesia).

The operating telescope is inserted into the rectum and instruments passed through the telescope to perform the surgery. The surgeon operates using a large screen to obtain a clear view of the cancer or polyp from inside the rectum. The space left where the growth was removed from is sometimes stitched and sometimes left to heal naturally. The removed tissue will then be sent to the laboratory for further analysis. Results are usually available within 2 weeks of your surgery.

It may not be advisable to drive in the first week, it's important that you are comfortable and your concentration is not impaired, some people require a little longer. However, please check with your insurance company, as policies sometimes carry restrictions that vary from individual companies.

When you return home you should seek medical advice if you notice any of the following:

- Persistent nausea and vomiting
- High temperature
- Increased abdominal pain
- Persistent bleeding from the rectum

Please retain this information leaflet throughout your admission, making notes of specific questions you may wish to ask the Doctor and/or Nurses before discharge.

Following discharge from hospital your G.P will be advised of your operation. Your surgeon will arrange to see you in the outpatients department or in the endoscopy unit a number of weeks after you have gone home. This will be to discuss your recovery; any results from the operation and to plan further follow up from the surgery. If you have any concerns or queries before this appointment please contact your G.P.

If you have any urgent problems, for example fever (temperature), bleeding, or severe pain within 14 days of discharge home then you may contact 01274 382336 for advice.

Wristbands

When you are in hospital it is essential to wear a wristband at all times to ensure your safety during your stay.

The wristband will contain accurate details about you on it including all of the essential information that staff need to identify you correctly and give you the right care. All hospital patients including babies, children and older people should wear the wristband at all times.

If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke in any of the hospital buildings or grounds, with the exception of the smoking shelters which are provided for visitors and patients only.

Next Generation Text

We use Next Generation Text for people with hearing difficulties. This used to be called BT Text Relay. To contact us ring 18001 01274 542200 (hospital switchboard) and ask to speak to your consultants secretary.

If you need this information in another format or language, please ask a member of staff.