



Sigmoidoscopy – Hotel Dieu Hospital GENERAL SURGERY

Endoscopy appointments are extremely limited. If you are unable to keep your appointment, please contact the office of:

Dr. _____ Phone # _____ ext. _____

Patient Name: _____

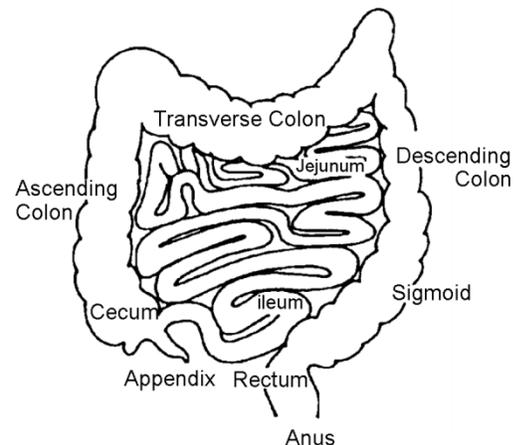
Date of Procedure: _____ Time: _____

Time to arrive at the Reception Desk on Jeanne Mance 4: _____

DIRECTIONS: Enter **Hotel Dieu Hospital** through the Brock Street entrance. Take the main elevators to the 4th floor. Follow the signs to the Jeanne Mance-4 reception area.

What is a Sigmoidoscopy?

A Sigmoidoscopy is an examination of the lower large bowel through an instrument called a sigmoidoscope. This is a flexible tube that transmits light so the physician can accurately examine the lining of your rectum and lower large bowel.



Important Points

- No fasting is necessary for this procedure.
- Your lower colon must be completely empty for this procedure. Please follow carefully the bowel preparation instructions that follow.
- Any medications containing iron must be discontinued a few days before the procedure.
- Please call and notify your general surgeon's office if you are on blood thinners.
- If you are taking blood thinners/anticoagulants (e.g. Coumadin, Plavix, Eliquis, etc.), follow the recommendations provided by your general surgeon regarding whether or not to continue taking these medications.
- You may continue to take ASA 81mg ("Baby Aspirin")
- If you have any questions regarding your medications, please call your surgeon's office.
- Do not bring valuables or large sums of money with you when you come for your procedure. The hospital is not responsible for lost or stolen articles.
- Bring a pair of reading glasses with you (as applicable) since you will need to read and sign a consent form before the procedure can begin.

Bowel Preparation Instructions

The day of your sigmoidoscopy:

- To clear the bowel, you will need to give yourself a rectal Phosphasoda Enema (Fleet) approximately one hour before leaving home. This enema is usually passed within 15 minutes. The enema should be purchased at your pharmacy, where both a brand name and generic brand should be available.

Follow these instructions to give yourself a rectal enema:

1. Lie on your left side with right knee pulled up to your abdomen.
2. Remove the cap from the enema.
3. INSERT enema tube, which is pre-lubricated, gently into your rectum.
4. Squeeze the bottle slowly to introduce the fluid into your rectum, folding up plastic bottle from bottom to empty all liquid. Then slowly remove tube from rectum.
5. For best results, remain on your left side and retain the fluid for 5 to 10 minutes before expelling the enema into the toilet.

The Procedure

- The sigmoidoscope is inserted into the rectum and gradually advanced through the lower colon. This may cause some discomfort.
- Air may be blown into the colon through the instrument in order to permit careful inspection of the lining of the bowel.
- Taking biopsies of the bowel lining produces no discomfort.

After the Procedure

- You will pass gas through your rectum to get rid of the air that was used during the procedure. You may also have cramps.
- You will usually be able to leave as soon as you are comfortable once your procedure is completed.

Complications

Sigmoidoscopy is generally a very safe procedure. However every medical procedure carries some risk, and may be associated with complications. One of the following complications may occur rarely:

- The instrument may puncture a hole through the bowel wall, which would have to be repaired by surgery.
- Bleeding could occur from the site of biopsy. This usually stops by itself, but on rare occasions may blood transfusions and/or additional procedures.
- If you are at risk from heart disease you will be monitored carefully during the procedure. The stress of the procedure may rarely produce irregular heart rhythms, requiring treatment.