Nurse Performed Flexible Sigmoidoscopy Screening

Endoscopy appointments are extremely limited.

If you are unable to keep your appointment, please call the registered nurse at Hotel Dieu Hospital 613-544-3400, extension 2409 to cancel.

What is Flexible Sigmoidoscopy Screening?

- Flexible sigmoidoscopy is performed with a long flexible tube and camera (a colonoscope) that allows the nurse sigmoidoscopist to examine your left colon, which includes the rectum, sigmoid and descending colon.
- This screening test for colon cancer allows for the early detection of pre-cancerous polyps or lesions.
- The procedure takes 10-15 minutes and is done without medication or sedation.

Important Points

- 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.
- On the day of your procedure it is not necessary to fast (withhold food and liquids) for this test. You can have a light breakfast or a light lunch.

Bowel Preparation Instructions

- You will need to purchase two rectal Phosphasoda enemas (available at any drugstore). The first enema will be given in the early morning on the day of your procedure and the second enema is given one hour before leaving your home for your appointment at Hotel Dieu Hospital.

How to administer an enema:

1. Lie on your left side with your right knee pulled up to your abdomen.
2. Remove the cap from the enema, and gently insert the lubricated tip into your rectum, folding the plastic bottle from the bottom to empty most of the liquid. Then slowly remove the enema tube from your rectum.
3. For best results, remain lying on your left side and retain the enema fluid for as long as possible before expelling the enema into the toilet.
During the Procedure

- The colonoscope is inserted into your rectum and gradually advanced through the lower colon.
- If it is necessary to remove a small polyp during this procedure, you will not experience any pain or discomfort during the biopsy.
- It is normal, however, to experience some crampy abdominal discomfort or pressure during your sigmoidoscopy.
- The nurses will answer your questions or concerns throughout your screening test.

After the Procedure

- Air is used to inflate your colon during the sigmoidoscopy. You may pass air rectally after the procedure.
- You will likely feel ready to get dressed immediately after the procedure. Written and verbal instructions will be provided by the nurse before you leave the hospital.

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 in rare instances.

- The instrument may puncture a hole through the bowel wall, which would require admission to hospital for treatment and possibly surgical repair.
- Excess bleeding could occur if a biopsy is performed. On rare occasions it might be necessary to undergo an endoscopic procedure or surgery in order to stop the bleeding.

Where do I go for my procedure?

Enter Hotel Dieu Hospital through the Brock Street entrance, and take the elevators in the main lobby to the 4th floor. Turn right as you exit the elevator and follow the signs to the Patient Registration Desk on Jeanne Mance 4. Once you have registered, follow the signs to Endoscopy.