



SIGMODOSCOPY

What you should know

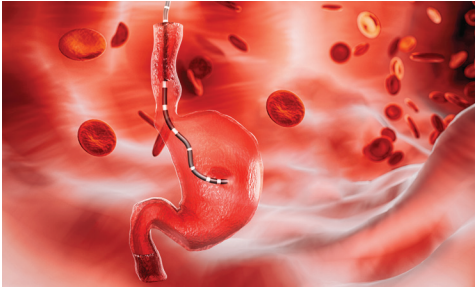
SIGMOIDOSCOPY

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Digital Version



A sigmoidoscopy is an exam used to evaluate the lower part of the large intestine (colon). During a flexible sigmoidoscopy exam, a thin, flexible tube (sigmoidoscope) is inserted into the rectum.

A tiny video camera at the tip of the tube allows the doctor to view the inside of the rectum, the sigmoid colon and most of the descending colon — just under the last 2 feet (about 50 centimeters) of the large intestine. If necessary, tissue samples (biopsies) can be taken through the scope during a flexible sigmoidoscopy exam which may incur additional cost.

GENERAL INSTRUCTIONS

- Escort: This procedure may involve sedation and/or anesthesia. You MUST have a responsible ADULT who can escort you and drive you home or accompany you on a bus or taxi to your home.
- You do not need to remain fasting for this procedure.
- You must read the consent form and sign it to show the understanding of the procedure and its complications.

WHAT PREPARATION DO I NEED TO DO?

- As mentioned above, you do not need to fast for this procedure, but avoid very heavy meals to avoid discomfort during procedure. Preferably, take soft foods on the procedure day.
- Let your doctor know about any medical

conditions you have.

- Clearly inform the doctor if you are taking any medicines especially anti coagulants (blood thinners: Aspirin, Warfarin, Plavix, Xarelto), diabetic medicines, other over-the-counter medicine, etc. at the time of booking for the procedure. The doctor shall advise about medication that may need to be stopped or can be continued before the test.
- In case you are taking any anti-hypertensive medicines (blood pressure medicines).
- Wear loose-fitting, comfortable clothes.
- The eyeglasses, contact lenses and dentures must be removed before the procedure.
- You will receive one enema before starting to empty your colon.
- You should arrive at the hospital 1 hour prior to the procedure time with national identity card and insurance card.
- Sedation and pain medications usually aren't necessary but may be administered if necessary.
- Avoid important meetings/appointments on the same day as your performance may be affected by the sedation.

WHAT HAPPENS DURING A SIGMOIDOSCOPY?

Wearing a gown, you'll begin the exam lying on your left side on the exam table, usually with your knees drawn toward your abdomen. The doctor will insert a sigmoidoscope into your rectum.

The sigmoidoscope contains a light and a tube that allows the doctor to place air into your colon. The air expands the colon, which provides a better view of the colon lining. When the scope is moved or air is introduced, you may feel abdominal cramping or the urge to move your bowels.

The sigmoidoscope also contains a tiny camera at its tip. The camera sends images

to an external monitor so that the doctor can study the inside of your colon. The doctor can also insert instruments through the scope to take tissue samples.

A flexible sigmoidoscopy exam typically takes about 15 minutes. It may require slightly more time if biopsies are taken. Sedation and pain medications usually aren't necessary. If a polyp is found, your doctor will likely recommend a full colonoscopy to look at your whole colon, as other polyps may be present further up in the colon.

WHAT CAN I EXPECT AFTER SIGMOIDOSCOPY ?

- After the procedure, you'll be taken to the recovery area
- If you didn't have a sedative, you can usually go home soon after the procedure is finished. Most people are ready to go home after resting within an hour.
- In case sedation has been used
 - You need to rest quietly for a few minutes or hours until the sedative has worn off.
 - You should not drive, operate machinery or drink alcohol for 24 hours after having the sedative. You will need somebody to accompany you home and to stay with you for at least 24 hours.
 - Even if you feel very alert, the sedative can stay in your blood for 24 hours and you may experience further episodes of drowsiness.
 - If you have received sedation, please do not take any important decision or make any legal transaction for at least 24 hours after the procedure.
- You may have mild abdominal discomfort and feel bloated.
- Usually you should be able to return to your usual diet and activities right away.
- Your doctor will discuss the test results and you will receive diet & medication

instructions if any. The result from any biopsy may take time your doctor will advise you accordingly. Also, you will receive a copy of the report, CD of the procedure, and follow up appointment. However, if you have had a sedative you may not remember afterward what they said. Therefore, you may wish to have a relative or close friend with you who may be able to remember what was said.

- You may also notice a small amount of blood with your first bowel movement after the exam, which usually isn't cause for alarm. Consult your doctor if you continue to pass blood or blood clots or if you have persistent abdominal pain or a fever of 100 F (37.8 C) or higher.
- Your doctor will discuss the test results with you before you leave. You will receive a copy of the report.



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THE LOCATION

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