

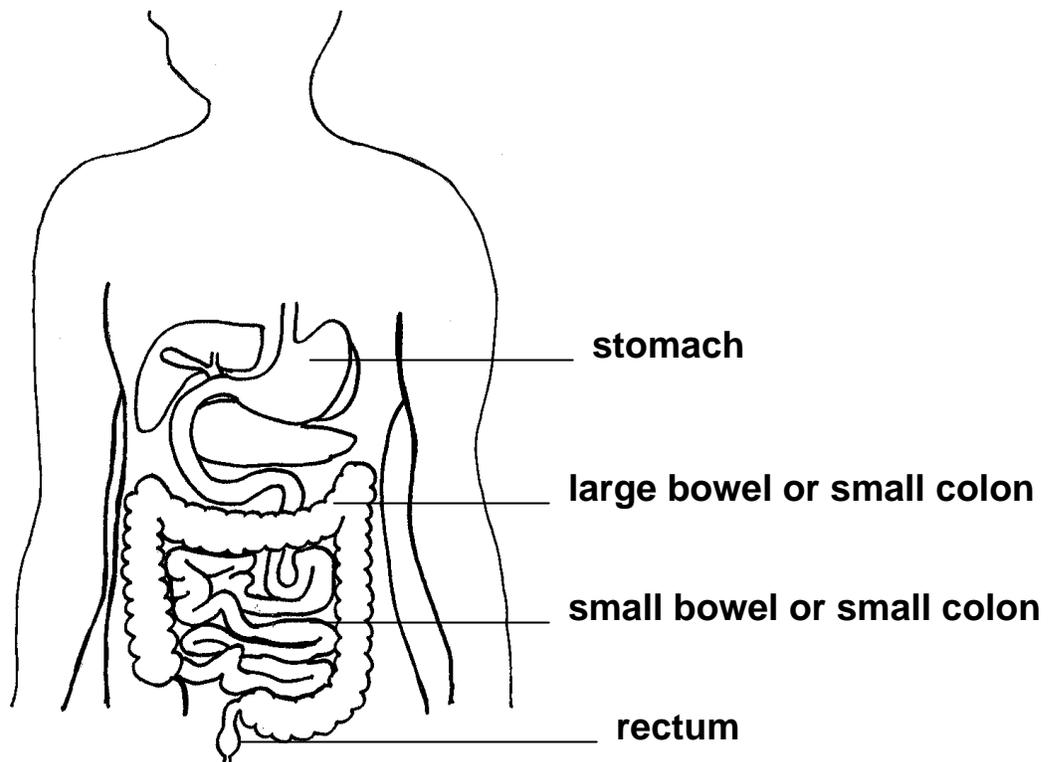
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## Flexible Sigmoidoscopy

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### What is flexible sigmoidoscopy?

Flexible sigmoidoscopy is a procedure to look at the lining of the lower part of the bowel or colon and the rectum. The doctor uses a thin tube called a scope. Pictures are sent to a television screen as the scope goes in and moves inside.



A flexible sigmoidoscopy is done for many reasons. Your doctor will tell you why you are having this procedure.

You may or may not have medication to make you sleep during the procedure. This is called sedation. You can talk to your doctor about this option. If you have sedation, the medication is put into a thin tube in a vein in your arm called an IV.

This procedure takes 5 to 15 minutes to do but plan to be at the hospital about 1 hour. If you are having sedation, plan to be at the hospital for 1 to 2 hours for preparation and recovery.

## Are there any complications to this procedure?

Before you sign a consent form, your doctor should explain the problems that can occur. Complications are rare but include:

- The scope can tear or perforate the lining of the bowel. This may be treated with bowel rest or surgery.
- There can be bleeding after a biopsy is done or a polyp is taken out. Bleeding can be stopped during the procedure. Further treatment is rarely needed.
- You may have a small lump or bruise on the skin from the IV. This can take a few days to a few months to go away.
- You may have a reaction to the medication used to relax you.

Since the doctor and nurses are with you, they can manage any complication that may happen. Please tell the staff if you have ever had an allergic reaction to any dyes or medications.

## Getting Ready at Home

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### Getting your bowel ready:

Your bowel must be clean and empty of waste materials for this procedure. If you are not cleaned out, your procedure may be cancelled. It is important to **follow the instructions given to you by your doctor** to get your bowel ready for the procedure.

### Medications, allergies and supplies:

- Your doctor may want you to stop taking certain medications 4 to 5 days before the procedure. Contact the doctor doing the procedure at least 1 week before to ask about your medications.
- Prepare a list of the current medications you take and any allergies you have. Include herbal products and over the counter medications. You can ask your pharmacist to print a copy of your medication record for you. Bring this list or your medications to your procedure.
- If you have an ostomy, bring a spare pouch and any supplies you use to change the pouch.

- Bring your Ontario Health Insurance Card as well as any other health insurance information such as Manulife or Blue Cross.
- If English is not your first language, bring someone to interpret for you.

### **If you are having sedation:**

You must arrange for someone to take you home after. You cannot leave the hospital alone or drive for 24 hours. If you plan to take a taxi home, you still need to have someone with you. Make your plans ahead of time.

### **If you are not having sedation:**

You can drive yourself or take a taxi when done.

## **Getting to the Hospital**

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Your driver can drop you off at the front of the hospital on Charlton Avenue East. This is also the pick-up area after the procedure.

## **At the Hospital**

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### **Registration:**

When you arrive at the Endoscopy Unit on Level 3 of the Sister Mary Grace Wing, register in Room 3332.

**Plan to be at the hospital about 3 to 4 hours. There are many doctors and patients in this unit so you may see people go in 'out of order'.**

### **In the Endoscopy Room:**

The nurse will ask you some questions and do a nursing history. The nurse will review your allergies and medications with you and help get you ready. You will be asked to undress and wear a hospital gown.

The doctor will ask you to sign a consent form if you have not already signed one.

### **In the procedure room:**

A nurse is always with you. You will be asked to lie on your left side. If you are having sedation, the doctor will put it in your IV and it will begin to work right away. If you feel you need more sedation, tell the nurse. Some people sleep through the procedure and do not remember anything after.

The doctor will begin by doing a finger exam wearing a glove. The scope is then put into your rectum. You may feel pressure as the scope goes in. You may feel as if you may have a bowel movement, but do not worry. The doctor will put some air into the bowel to see clearly. You may feel pressure and pass some gas. Feel free to pass gas at any time.

The doctor can also take a sample of tissue for testing through the scope. This is called a biopsy. You cannot feel this being done.

During the procedure, the doctor may remove abnormal growths of tissue called polyps. You cannot feel this being done. If you have polyps removed, you may have some bleeding after the procedure. The tissue is sent to the lab for testing and you will get the results of the tests at your follow-up appointment.

The scope is taken out when the doctor is done.

### **After the Procedure**

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- Your doctor may talk to you about the results right away if you did not have sedation.
- If you had sedation, a biopsy taken or polyps removed, you will need to make a follow-up appointment with the doctor in 2 to 3 weeks to talk about the results.
- Your nurse will tell you when you can go home. You will be given an instruction sheet to follow at home after the procedure.
- If you had sedation, you must have someone take you home. Rest for the day.

**The Endoscopy Unit is open 6:45 am to 3:00 pm.**

 **You can call 905-522-1155 extension 3589.**