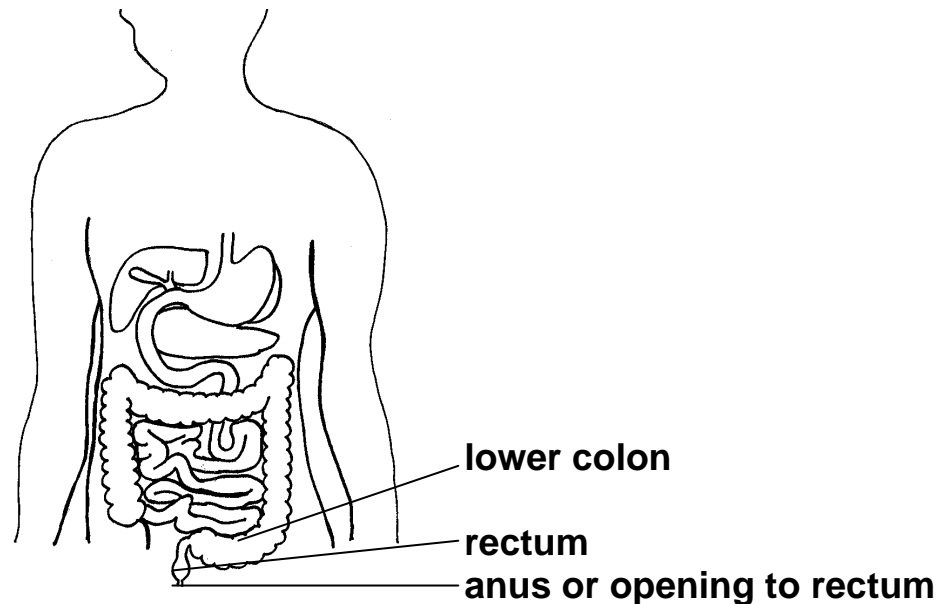

Rigid Sigmoidoscopy

What is a rigid sigmoidoscopy?

Rigid sigmoidoscopy is a procedure done to look at the rectum and lower colon. The doctor uses a special tube called a scope. The scope has a light and a small glass window at the end so the doctor can see inside.



This procedure is done for many reasons. Some reasons are:

- to look for the cause of rectal bleeding
- a tissue sample to test called a biopsy

When small growths of tissue called polyps are seen, these are removed.

The procedure takes about 5 minutes but plan to be at the hospital for ½ hour.

Are there any complications to this procedure?

Your doctor will explain the problems that can occur before you sign a consent form. Problems are rare but include:

- The scope can damage the lining of the colon.
- The scope can cause severe bleeding by damaging the wall of the colon.
- You may have blood spotting if a biopsy is done or a polyp is removed.

Since the doctor and nurse are with you all of the time, they can manage any problem that may occur.

What do I need to do to get ready at home?

4 to 5 days before your procedure:

Taking medications:

Your doctor may want you to stop taking certain medications 4 to 5 days before the procedure. If you need to stop any medications, your doctor will tell you during the office visit. If you have any questions, call the doctor's office.

Buying a Fleet enema:

Your bowel must be clean and empty of waste material before this procedure. Your surgeon will ask you to use a rectal fleet enema. You will need to buy a Fleet enema at your pharmacy. The pharmacist can also tell you how to give yourself an enema.

The night before your procedure:

Giving yourself an enema:

During the office visit with your doctor, you will be told if you use the Fleet enema at night or in the morning before you come to the hospital. To put the enema in, follow the instructions on the box.

If you think you may have trouble sliding the enema in, buy some K-Y jelly to put on the tube to lubricate the area.

Insert the fleet enema into your rectum up towards your belly button. You may need to ask someone to help you do this.

Eating and drinking before you come to the hospital:

Eat a light breakfast such as toast and a drink before you come to the hospital.

Bring to the hospital:

- your Ontario Health Card.
- a person to translate for you if you do not understand or speak English well.

Getting to the Out Patient Department at St. Joseph's Hospital:

- You may drive to the hospital yourself and park in Visitor's Parking off James Street South. The Outpatient Department is on the first floor of the Fontbonne Building right beside parking.
- If you are getting a ride, your driver can drop you off at the Fontbonne Building off James Street South. Your driver can park the car in Visitor's Parking close to this entrance.

In the Out Patient Department:

Registration:

Report to the Out Patient Department on the first floor of the Fontbonne Building. At the registration desk, you will be asked:

- the correct spelling of your name and address and they will check your telephone number
- the name of your family doctor
- to show your Ontario Health Card

You will then take a seat in the waiting room. If you need a washroom when you arrive, ask the clerk for directions.

Plan to be at the hospital for about 30 minutes.

There are many clinics going on at the same time in this area. You may see patients go in before you because they are going to a different clinic.

When it is time for your procedure:

The nurse will come and get you in the waiting room. The nurse will explain the procedure to you and check your consent. If you have not signed your consent the doctor will ask you to do so before starting the procedure.

The nurse will ask you to kneel on the ledge of the table and lower your clothes down to your knees. Your buttocks will then be draped with a sheet. You will be asked to lower your upper body onto the table. If this is not comfortable let the nurse know and the ledge will be adjusted. If you are not able to kneel, let the nurse know and you can lie on your left side instead. The nurse will then raise and tilt the table so that your buttocks are up in the air and your head is down.

During the procedure:

When you are in position the doctor will gently insert a gloved finger into your anus. The lubricated scope is then introduced into your rectum. The doctor will put some air into your bowel to see more clearly.

You may feel the urge to have a bowel movement while the scope is in. Do not worry about this. You will probably pass some gas and you may have some cramping in your abdomen. The nurse will remind you to take some slow deep breaths through your mouth to relax your muscles.

The doctor may use a suction machine to remove watery stool from your colon so he or she can see clearly. The doctor may use a special instrument to take small pieces of tissue to send for testing.

After the doctor has a good look inside, he or she will slowly take the scope out.

After the procedure:

The nurse will lower the table and elevate your head so you do not get dizzy. The nurse will then clean your anus and then **tell you when you are safe to get up from the table.** You will then be asked to slowly get up and adjust your clothing.

The doctor will talk to you about the procedure and let you know if any further care is needed.

You will be asked to sit in the waiting room until you feel comfortable to go home. You may want to use a washroom before leaving. You may return to your normal activity once you have left the hospital.

Most people do not have any problems after this procedure. If you have bright red bleeding after you have left the hospital, go to the nearest Emergency Department.

Who can I call if I have questions or concerns?

If you have questions or concerns about the procedure, contact your doctor.

If you have questions about how to get to the hospital, contact the Out Patient Department at 905- 522-1155 ext. 33401.