

FLEXIBLE SIGMOIDOSCOPY

What is a flexible sigmoidoscopy?

Sigmoidoscopy is an examination which allows the doctor to examine the inside of the rectum and the lower part of your bowel.

When is a sigmoidoscopy necessary?

If you have a problem with your rectum or lower bowel, bleeding, loose motions, or a family history of rectal or sigmoid cancer, are all likely reasons for a sigmoidoscopy to be performed.

What preparation is necessary?

Avoid all nuts and food with seeds, e.g. tomatoes, kiwifruit, grain breads etc for the **3 days** immediately prior to your examination.

- **The day before and the day of the examination you must not eat.** You may drink clear fluids only. **No solid foods, milk or milk products are allowed.** 'Clear fluids' include clear soup, jelly, clear apple juice, soft drinks, water, tea and coffee without milk. If you usually take tablets for your heart or blood pressure please take these in the morning. It is very important that the lower bowel is thoroughly emptied so that the lining can be clearly seen. **You will be asked to give yourself 2 fleet enemas to achieve this.** Instructions for these are attached to this form.
- **Stop taking iron tablets** 1 week before your sigmoidoscopy as these can coat the lining of the bowel and make viewing difficult.
- Following an explanation of the procedure you will be asked to sign a consent form.

How long does it take?

Your actual procedure takes approx 15 – 30 minutes. However please note that your appointment time is when your initial assessment will be done with one of the nurses. **Following this please allow for up to three hours for the completion of your appointment.**

Who will be there during the procedure?

The doctor and 2 nurses.

Will I be awake during the procedure?

Yes, but you may be given a sedative prior to the examination. This will make you feel relaxed and sleepy. This will be given via an injection in your hand.

What happens during a sigmoidoscopy?

The doctor will firstly check your rectum with a gloved finger, and then the colonoscope, which is a flexible tube, will be passed into your rectum and gently manoeuvred along the lower bowel. The doctor will examine any problem areas and may take biopsies.

What will I feel?

You may feel some pressure and discomfort as it is necessary to put air in the bowel so that it can be fully examined. You can pass this air and this will relieve the discomfort.

Are there any risks ?

Sigmoidoscopy is a safe procedure in which complications are rare.

Mild abdominal pain after the procedure is common but should ease within 2 hours.

Bleeding or perforation of the bowel wall is rare (about 1 in 1000) which may require surgery.

All intravenous sedation carries a potential risk. Please discuss any concerns with the doctor.

When can I go home ?

If you have sedation, outpatients may go home approximately ½ - 1 hour after the test.

If you are given sedation for this procedure, you MUST NOT drive, use machinery or undertake any other hazardous activities for at least 12 hours.

You must arrange for someone to take you home after the procedure. They must pick you up from inside the Gastroenterology Dept on the 1st floor. You are unable to leave the dept without an accompanying adult. It is preferable to have someone stay with you for the rest of the day. This dept closes at 5pm, please arrange to be picked up before this time.

Will my doctor get a report ? Yes.

Will I get a report ? Yes.

IF YOU NEED A TRAINED INTERPRETER – PLEASE TELL YOUR NURSE OR DOCTOR	
Maori	Memea kaore koe e mohio ki te korero whaaki ngai ki te takuta (korero)
Samoan	Afai ete le malamalama ile gagana fa'a peretania f'amolemole talanoa ilau form'l
Tongan	Ka'olu 'ikai ke mahino kiate koe 'a e lea fakapilitani fakamolemole 'o tala ki ho' o toketa
Cook Island	Me kare koe e marama I te tuatua papaa e akakite mai ki te taote
Vietnamese	Neu quy vi can thông dịch viên thánh thao xin hoi nhân viên bệnh viên
Chinese (Mandarin)	假若你不懂英語, 請告知醫生或護士 .
Niuean	Ka ai iloa poke ai maama e kow e vagahau faka peritania fak amolemole talaage ke he ekekafo (toketa)
Korean	통역사의 도움이 필요하시면 간호사에게 부탁하시면 됩니다.