

Information about your Flexible Sigmoidoscopy

What is a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy enables your doctor to examine the inside of left side of the colon (large bowel). Under sedation, a flexible tube is gently passed via the anus into the colon. A tissue biopsy may be taken, or polyps removed.

Is Flexible Sigmoidoscopy safe?

Flexible Sigmoidoscopy is generally considered to be a safe and well-tolerated procedure. You may feel temporary discomfort following the procedure. Occasionally there may be nausea or light-headedness following the anaesthetic. More significant complications are uncommon, but may include the following:

- **Aspiration** – if the contents of the stomach enter the airways – The risk is generally less than 1 in 100 procedures
- **Bleeding** – after polyp removal or biopsy, may occur up to 10 days following the procedure. The risk is generally less than 2 in 100 procedures
- **Infection** – rare
- **Perforation** – a hole in the bowel that may require surgery – The risk is generally less than 1 per 1000 procedures.

What Bowel Preparation is required?

An enema may be prescribed by your gastroenterologist on arrival to the hospital or endoscopy centre in order to clear the lower part of the colon prior to procedure. If you have been advised to have bowel preparation you will need to request separate “Colonoscopy Instructions” from GastroNorth.

What do I need to bring?

You may need to bring your doctor’s referral (if you have been referred directly by your GP). Bring your health fund and Medicare cards. Wear loose fitting clothing and leave jewellery and valuables at home.

What happens afterwards?

You may be drowsy for several hours following the sedation. A friend or family member must drive you home and stay with you till the next day. Your procedure may be cancelled if this has not been organised. You must not drive until the following day or longer if you drive a commercial vehicle. You should contact your doctor or attend and Emergency Department immediately if you experience any severe abdominal pain, vomiting or passing blood, difficulty breathing, fevers/chills, or any other symptoms you are concerned about.

Flexible Sigmoidoscopy Instructions

Date of Procedure: _____ in the Morning / Afternoon

Doctor: _____

PROCEDURE LOCATION:

<input type="checkbox"/> Victorian Gut Centre	119 Plenty Road, Bundoora	Ph: 9466 8466
<input type="checkbox"/> John Fawkner Private Hospital	275 Moreland Rd, Coburg	Ph: 9385 2500
<input type="checkbox"/> Northpark Private Hospital	Cnr Plenty & Greenhills Road, Bundoora	Ph: 9468 0800
<input type="checkbox"/> Manningham Day Procedure Centre	L3, 200 High Street, Lwr Templestowe	Ph: 8850 0590
<input type="checkbox"/> Mitcham Private Hospital	27 Doncaster East Rd, Mitcham	Ph: 9210 3177
<input type="checkbox"/> Knox Private Hospital	262 Mountain Hwy, Wantirna	Ph: 9210 7018

Key Information

- The procedure time will be approximately 20-30 minutes
- The arrival time will be confirmed with you 1-2 days beforehand by the hospital
- Allow 3 hours from your arrival time before you will be ready to go home
- Ensure you have someone to drive you home afterwards
- Follow the instructions carefully to for your Flexible Sigmoidoscopy to be successful
- On the day, your doctor will see you before and after the procedure to discuss the results
- You will receive a hard copy of the report. The report and all results will also be sent to your GP

Bowel Preparation

- An Enema is usually given on the day of the procedure after you are admitted. You do not need to bring this with you.

Medication

- Blood thinning medications: Please seek advice well prior to the ERCP as sometimes blood thinning medications need to be stopped. Aspirin can generally be continued.
- Diabetic medications: please seek advice on how to manage diabetes medication and insulin

Flexible Sigmoidoscopy Diet Instructions

ON THE DAY (.....)	
6 hours Before your admission time <i>Start at</i>	<ul style="list-style-type: none">• Do not eat anything in the 6 hours before your admission time• You can drink CLEAR FLUIDS until 2 hours before your admission time.• CLEAR FLUIDS are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth)
2 hours Before your admission time <i>Start at</i>	<ul style="list-style-type: none">• FAST (No more clear fluids or anything to drink)• You can take regular medication with a sip of water but do not take diabetes medication• If you take blood thinning/diabetes medication, follow the instructions you have been given• Please arrive at the scheduled admission time

If you have any questions, please call GastroNorth on 03 9468 9700