



# SIGMOIDOSCOPY

*Date of Procedure* \_\_\_\_\_

**Please bring this booklet on the day of your procedure.**

QHC#484

## **What is a Sigmoidoscopy?**

A Sigmoidoscopy is a procedure that is done to examine the lining of the rectum and part of the bowel (sigmoid) using a flexible tube called a sigmoidoscope.

### **Before the Procedure**

Your doctor may instruct you to use an enema or laxative. Arrive at the hospital to register one hour prior to your procedure. Your doctor's office will provide you with the time of arrival. Arrive at your scheduled time. Please bring your hospital card and health card with you.

### **The Procedure**

You will be lying on your left side. You may feel some abdominal cramps as air is put into the bowel through the scope to open the bowel for easier passage. The procedure takes about ten minutes. Biopsy may be done, a stool sample taken, or a polyp may be removed if necessary. No sedation is usually required.

### **After the Procedure**

The doctor will tell you the results. You may have some bloating or cramping that should disappear quickly with the passage of gas. You should be able to eat and resume normal activities.

Possible complications, although uncommon, are bleeding or a tear in the bowel.



**Contact your doctor or go to the nearest Emergency Department if you experience:**

- Abdominal pain
- Fever
- Rectal Bleeding

## Questions?

Developed by: Surgical Services, March 2003  
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