

FLEXIBLE SIGMOIDOSCOPY INFORMATION

WHAT IS A FLEXIBLE SIGMOIDOSCOPY

The examination allows your consultant to view the colon without having to perform a full colonoscopy.

Flexible sigmoidoscopy is a procedure used to inspect the lower end of the large bowel. This includes the anus, rectum, sigmoid and descending colon. Sigmoidoscopy allows physicians to look for causes of diarrhoea, constipation, bleeding or abdominal pain, and early signs of cancer in the descending colon and rectum. During the procedure biopsies (small tissue samples) and polyps (small benign growths) can be removed. It is important to remove polyps when detected, as polyps can become cancerous if left to develop.

This procedure is mildly uncomfortable and only of very short duration.

Flexible sigmoidoscopy is usually done without full bowel preparation or intravenous sedation. You may require an enema to empty the lower end of your colon, prior to the procedure.

If intravenous sedation is being given you will need to fast from foods 6 hours prior to appointment time. You may drink WATER only up to 2 hours prior to your appointment time, to a maximum of 200mls per hour. NB: Adjust fasting time if your admission time is changed. In accordance with NSW Health Department Directives & Anaesthetic guidelines **You must have someone to accompany you home or your procedure may be cancelled.** You cannot drive after intravenous sedation.

Before the Procedure

Your consultant will explain the procedure, risks and answer your questions. You will need to sign a consent form.

After the procedure

You will be asked to dress and be given light refreshments.

If you have had intravenous sedation, you will be allowed to remain in Recovery for a short period, prior to being offered light refreshments.

Before you leave, you will be given a brief written report for your local doctor, discharge instruction and if needed a follow-up appointment will be made for you.

INFECTION CONTROL

Infection control guidelines set by the Gastroenterology College of Australia, NHMRC, Standards for Australia and the NSW Health Department are strictly observed.

COMPLAINTS/ SUGGESTIONS / COMMENDATIONS

Please contact the Quality Manager, Director of Nursing or Practice Manager if you have any concerns, problems or suggestions during your stay. If you wish to lodge a complaint contact any of our staff for a complaints form and post to "Quality Manager".

Every effort is taken to ensure your health and safety.