

ARE THERE RISKS WITH SIGMOIDOSCOPY?

Some people may experience:

- Reaction to the medication including rash, fever, nausea, vomiting, bloating or breathing problems.
- Redness and soreness at the IV site or rectum.
- Small amounts of blood in the stool for 1 to 2 days if the doctor took a biopsy or removed a polyp.

Uncommon but serious side effects may include:

- Aspiration of stomach contents into the lungs due to the sedation.
- A perforation, or tear, in the colon wall, treated with antibiotics and sometimes surgery to repair the tear.
- Possibility of missing a polyp or small tumour.

ADDITIONAL NOTES:

- Sometimes the test cannot be completed if the bowel is not thoroughly emptied or for technical reasons. The doctor and endoscopy suite staff will advise you on the next steps.
- During the first week following the test, go to the nearest emergency department if you experience chills, fever, heavy bleeding or severe abdominal pain.

Please note:

The information in **this handout** is only meant for the person who received it from their healthcare team. **It is not to replace any advice or instructions given by your doctor.**

If you have an appointment scheduled and need more information or wish to **reschedule**, please contact the QEH Endoscopy Unit directly at **902-894-0059**

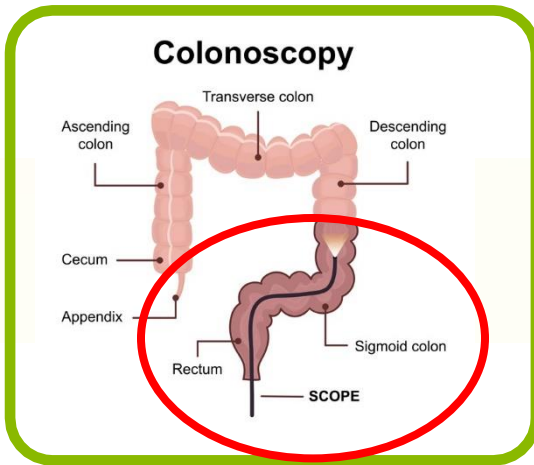
You can also reach out to your family doctor, nurse practitioner, or general surgeon if you have any questions.



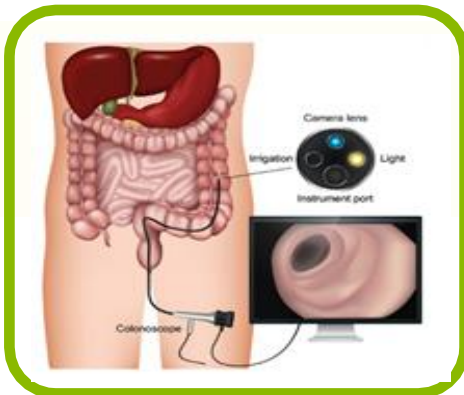
**SIGMOIDOSCOPY
INFORMATION**

Health PEI

WHAT IS A SIGMOIDOSCOPY?

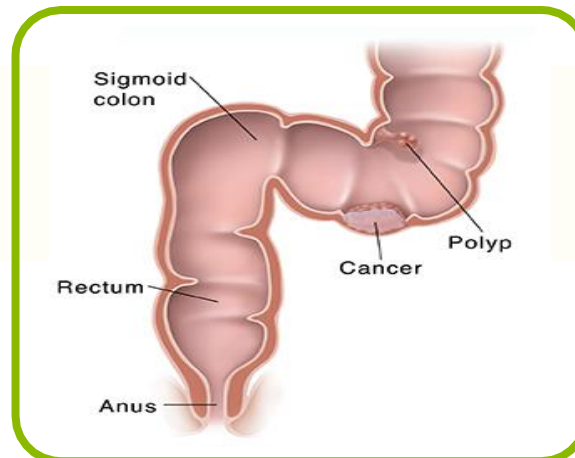


- A sigmoidoscopy is a test that uses a sigmoidoscope, or scope, to examine the lining of the rectum. The anus, rectum and sigmoid colon make up the lower part of the large intestine.
- A scope is a long flexible tube with a camera and a light at the end.



WHAT TO EXPECT DURING A SIGMOIDOSCOPY?

- Before the test begins, a nurse will insert an intravenous (IV) line to give you medication for sedation and pain as needed to ensure your comfort and safety.
- You will be lying on your left side as the doctor inserts the scope into the anus, gently pushing it through the sigmoid colon.
- The test allows the doctor to examine the bowel lining to determine the cause of any bleeding, the presence of any ulcers, inflammation, polyps (small tissue growths) or cancerous growths.
- The doctor may take biopsies, small tissue samples for lab testing or remove polyps. Most polyps are non-cancerous.



WHAT TO EXPECT AFTER A SIGMOIDOSCOPY?

- Discharge instructions will be given to you.
- If you received sedation medication for the test, you might be considered impaired for up to 24 hours.
 - You should not sign any legal documents.
 - You will not be able to drive yourself home. You will need a trusted person to meet you at the endoscopy unit to pick you up from the hospital.
 - You should not drink alcohol or take sleeping pills or anti-anxiety medications.
 - You should not be responsible for another person's care, e.g. a baby, young child, or person in poor health.
 - You can begin drinking full fluids and advance to a regular diet as tolerated.
- If you take blood-thinning medication, discuss when to restart these medications with the doctor. Resume all other medications as usual unless told otherwise.