

Sigmoidoscopy

Sigmoidoscopy is a visual examination of the lining of the lower end of your colon (large intestine). A short flexible tube (Sigmoidoscope) is passed through the rectum, and around the lower colon. Through the telescope, the doctor will be able to look for any abnormalities that may be present. If necessary, small tissue samples (biopsies) can be taken during the examination (painlessly) for laboratory analysis. Polyps (abnormal growths of tissue) can also be biopsied.

Preparation: To allow for a **clear view and prevent complications**, the lower colon must be completely free of waste material. You will need to take two fleets or tap water enemas just before the examination. These enemas are available over the counter without a prescription. **You must continue to take your prescription medication**, using sips of water and there is no need to fast.

What will happen: The doctor and /or nurse will explain the procedure and answer your questions. Please tell them if you have had any other endoscopic examinations, or any allergies or bad reactions to medications. You will be asked to sign a consent form, giving your permission to have the procedure performed.

You will be placed in a comfortable position on your left side. The doctor will pass the Sigmoidoscope through the anus and into the rectum, and advance it through the colon. You may experience some abdominal cramping and pressure from the air which is introduced into your colon. This is normal, and will pass quickly. You may be asked to change your position during the examination, and will be assisted by a nurse. The examination takes 5 to 10 minutes.

Afterwards: You will remain in the office area for up to 15 minutes.

Risks: Sigmoidoscopy can result in complications very rarely. They include **perforation of the intestine and bleeding**. These complications are very rare (less than one and 3,000 examinations) but may require urgent treatment, and even an operation. The risks are slightly higher when used to apply treatment such as removal of polyps. Be sure to inform us if you have any sever pain, black tarry stools or persistent bleeding in the hours or days after sigmoidoscopy.

Questions or problems: Contact my office at 940-566-5800 form 8:30 a.m. to 5:30 p.m.

Signature

Date

Roy M. Joseph, M.D.