



Religious Hospitaliers
of Saint Joseph
of the Hotel Dieu of Kingston
HOTEL DIEU HOSPITAL

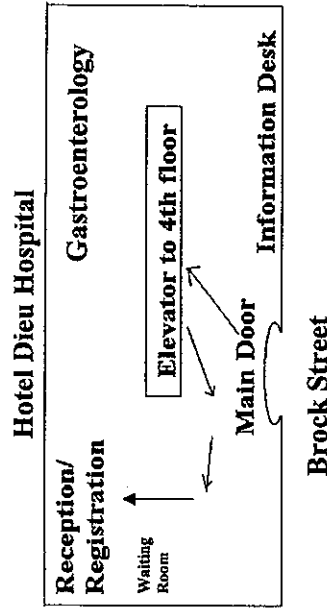
Complications...

Sigmoidoscopy is generally a very safe procedure. However every medical procedure carries some risk, and may be associated with complications. One of the following complications may occur in rare instances.

- The instrument may puncture a hole through the bowel wall, which would have to be repaired by surgery.
- Bleeding could occur from the site of biopsy. This usually stops by itself, but on rare occasions may require surgery.
- If you are at risk from heart disease, you will be monitored carefully during the procedure. The stress of the procedure may, on rare occasions, produce irregular heart rhythms, requiring treatment.

Where do I go for my procedure?

Enter Hotel Dieu Hospital through the Brock Street entrance, and take the main elevators to the 4th floor. Follow the signs to the Johnson 4 clinic reception area.



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Hotel Dieu Hospital

Prepared by Education & Organizational Development
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PATIENT INFORMATION BROCHURE

Sigmoidoscopy

Endoscopy appointments are **extremely** limited.

If you are unable to keep your appointment, please call the Endoscopy Office at Hotel Dieu Hospital 613-544-3400, extension 2293, **3 working days before your procedure date** to cancel.

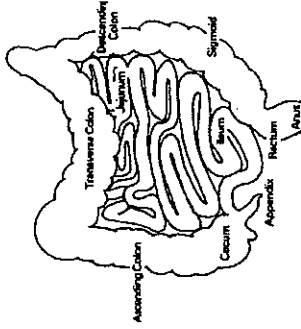
HOTEL DIEU HOSPITAL
166 Brock Street
Kingston, Ontario
613-544-3310

www.hoteldieu.com

Our hospital is a **scent-free** environment.
Please refrain from wearing scented products.

What is a Sigmoidoscopy?

A Sigmoidoscopy is an examination of the lower large bowel through an instrument called a sigmoidoscope. This is a flexible tube that transmits light so the physician can accurately examine the lining of your rectum and lower large bowel.



Important Points

- No fasting is necessary for this procedure.
- Remind your physician if you have had a heart valve replaced.
- Any medications containing iron must be discontinued 5 days before your procedure.
- If you are taking blood thinners/anticoagulants (e.g. Coumadin, Plavix, Aggrenox, etc), follow the recommendations provided by your gastroenterologist regarding whether or not to continue taking these medications.
- Do not bring valuables or large sums of money with you when you come for your procedure. The hospital is not responsible for lost or stolen articles.

Bowel Preparation Instructions

The day of your sigmoidoscopy:

- To clear the bowel, you will need to give yourself a rectal Phosphosoda Enema approximately one hour before leaving home.

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- Follow these instructions to give yourself a rectal enema:
 1. Lie on your left side with right knee pulled up to your abdomen.
 2. Remove the cap from the enema.
 3. Insert enema tube, which is pre-lubricated, gently into your rectum.
 4. Squeeze the bottle slowly to introduce the fluid into your rectum, folding up plastic bottle from bottom to empty all liquid. Then slowly remove tube from rectum.
 5. For best results, remain on your left side and retain the fluid for 5 to 10 minutes before expelling the enema into the toilet.

The Procedure...

- The gastroenterologists take turns working in the endoscopy unit. The gastroenterologist who advised you in the clinic about the procedure will not necessarily do your procedure.
- The sigmoidoscope is inserted into the rectum and gradually advanced through the lower colon. This may cause some discomfort.
- Air may be blown into the colon through the instrument in order to permit careful inspection of the lining of the bowel.
- Taking biopsies of the bowel lining produces no discomfort.

After the Procedure...

- You will pass gas through your rectum to get rid of the air that was used during the procedure.
- You will usually be able to leave as soon as you are comfortable once your procedure is completed.