

### ***After your flexible sigmoidoscopy***

1. You will be monitored in a recovery room until most of the effects of sedation have worn off.
2. A copy of your procedure report will be given to you to take to your referring doctor.
3. Because of the sedation you **will not** be able to drive, operate machinery, sign legal documents or drink alcohol for the rest of the day. You must have a friend or relative to accompany you home by car or taxi and they must stay with you overnight.
4. You might feel bloating or some mild cramping after your procedure. The cramping may disappear when you pass wind.
5. It is important for you to recognise early signs of possible complications. If you have severe abdominal pain, fevers and chills, or rectal bleeding you should contact the hospital on 03 9288 2211 and ask to be transferred to the Emergency Department.

### ***To confirm or cancel your appointment or if you require further assistance***

#### ***Contact***

St Vincent's Waiting List Officer (general enquiries)  
Tel: (03) 9288 2272 (Monday to Friday,  
8:30am–4:30pm)

St Vincent's Hospital (general enquiries)  
Tel: (03) 9288 2211

If your clinical condition has changed since your initial assessment, please contact the Liaison nurse on 9288 2322

#### ***Address***

Day Procedures and Endoscopy  
St Vincent's  
1st Floor, Inpatient Services Building  
Princes Street  
Fitzroy VIC 3065



## ***Flexible Sigmoidoscopy***

Essential Information and  
Instructions for Patients

**MUST READ**

## The procedure

Your doctor has referred you for a flexible sigmoidoscopy.

A flexible sigmoidoscopy uses a flexible tube with a camera to examine the last part of the small bowel including the rectum, anus and lower part of the colon (see image below). Before your procedure you will be given sedation by injection into a vein to make you more comfortable. The procedure will take between 5 and 15 minutes. The minimum recovery time is 1 hour.

A flexible sigmoidoscopy is commonly used to investigate symptoms such as bleeding, inflammation or other abnormalities of the sigmoid colon (the last part of the large bowel). It is important that you follow the instructions in this brochure carefully to ensure that your procedure is effective.

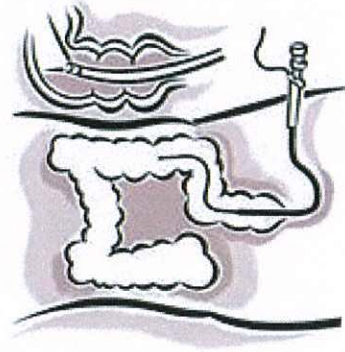


Image courtesy of  
[www.gesa.org.au](http://www.gesa.org.au)

## Safety and risks

Flexible sigmoidoscopy is usually a simple and safe procedure. Complications are rare and can include reaction to sedation.

If you have any questions or concerns relating to your procedure you should speak with your doctor prior to your procedure.

## One week before your flexible sigmoidoscopy

1. Call Waiting List Officer on 03 9288 2272 to confirm your appointment.
2. Arrange for a friend or relative to accompany you home by car or taxi after your procedure and they must stay with you overnight.
3. Please cease the following medications, if you are taking them: iron tablets and drugs to stop diarrhoea.
4. If you have diabetes and take any tablets or insulin, you must discuss this with your GP.

## The day before your flexible sigmoidoscopy

1. Take your regular medications at the usual time **except** for medications that are being withheld for the procedure (as directed by your doctor).
2. You may eat and drink normally up until **MIDNIGHT**. No solid food or milk should be consumed after this time.

## On the day of your flexible sigmoidoscopy

1. Do NOT eat after midnight, however you may drink **water or apple juice** (CLEAR not cloudy) up until **6am** to assist with your hydration.
2. You may take your usual medications with the above fluids at 6am, except for medications that are being withheld for the procedure.
3. Wear comfortable clothing and flat shoes. DO NOT wear jewellery or bring valuables.
4. Please report to the reception desk – Day Procedures, 1st Floor, Inpatient Services Building at your appointment time.
5. Prepare to be at St. Vincent's for a minimum of 5 to 6 hours (bring something to read).
6. You will be given an enema on arrival.