

FACTS & INFORMATION ABOUT FLEXIBLE SIGMOIDOSCOPY.

Flexible Sigmoidoscopy is a procedure that allows the physician to examine the lining of the rectum and colon by inserting a flexible tube which is about the thickness of index finger into the anus and advancing it slowly into the rectum and lower part of the colon.

The rectum and lower part of the colon must be empty of stool for the procedure to be accurate and complete. The preparation consists of **2 Fleets enemas prior to the procedure.**

Most medications may be continued as usual but some medications interfere with either the cleansing or the examination. We therefore suggest that you notify us of any **allergies** or medication concerns. It is extremely important that you call us if you require **antibiotics** prior to dental procedures, as you may also need antibiotics prior to sigmoidoscopy.

If some abnormality is detected, in the course of examination, biopsy and /or removal of polyps is carried out during the same session. Please , remember biopsies are done for various reasons and do not mean that cancer is suspected. Polyps are abnormal growths in the colon lining. These vary in size from a tiny dot to several inches. Majority of these polyps are noncancerous. However the appearance of a polyp doesn't tell its nature, it is therefore sent to a Pathologist for tissue analysis. **The results of the biopsy sometimes take 6 working days. Please call our office in 7 days.**

You may have some cramping or bloating during or after the examination. This generally disappears after passage of gas. You are able to eat your usual diet after the procedure unless some unusual finding suggest otherwise, you will be advised if there are any restrictions.

Complications after **sigmoidoscopy** are uncommon, it is important for you to be aware of the possibility. One possible complication is perforation or tear through the bowel wall, which needs urgent surgical repair. Bleeding from biopsy site or polypectomy may occur. It is usually minor and stops on its own or can be controlled through the **sigmoidoscope**. Rarely, blood transfusions or surgery may be required. Although sedatives are not always used for this procedure, however reaction to medicines, sedatives may result in suppression of the heart rate or low oxygenation. The heart rate and oxygenation is monitored during the procedure, therefore such complications are rare. Localized irritation of the vein where medications was injected may cause a tender lump lasting at times for few days, it will eventually go away. Applying hot packs or hot moist towels may help relieve discomfort. **Please call our office immediately if you notice any of the following symptoms : severe abdominal pain, fever and chills, or rectal bleeding. These symptoms suggest possible complication(s).**

This procedure is covered by most insurance companies, please check with your insurance carrier if a precertification is

needed, the hospital where the procedure is scheduled is part of the network. Insurance carriers will impose penalty if precertification is not obtained. Our office will assist you as much as we can, however **precertification is your responsibility.** Our office will bill your insurance company, this is a courtesy extended to you without cost. You will receive a statement from our business office regarding charges, payments and balance due.

This information is sent to you to prepare and educate you for this procedure. If you have any questions please feel free to call our office. We welcome your questions.

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