

Preparation for Your Endoscopy Appointment

Arrival Time	1 hour prior to scheduled appointment time
Appointment Location	Endoscopy - Unit 2G1 Walter Mackenzie Centre / University of Alberta Hospital
Procedure Type	Sigmoidoscopy

Prior to your appointment

- If you need to reschedule or cancel your appointment or if you have any questions, please call the Physician's office as listed on the first page of this package.
- Please leave a confirmation voicemail with Endoscopy at 780-407-6087 as soon as possible. You may receive an automated reminder call 4-5 days prior to your appointment if you have not confirmed.
- If you are diabetic, **you must speak with your family physician (or the physician who prescribed your diabetes medication)** about using insulin or pills for your diabetes on the day of your procedure. For more information, please refer to:
 - https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions.aspx?hwid=custom.ab_diabetes_bariumenema_colonoscopy
 - <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=abl0488>
- If you are taking arthritis medications or iron, **speak with the physician who prescribed these medications** about whether or not you need to stop them at least one week before your procedure.
- If you are taking blood thinners/ anticoagulation/ anti-platelet medications, please **discuss with your prescribing specialist or family doctor** if these medications can be safely stopped prior to your examination.
- You may be contacted by Alberta Health Services Pre-Registration to update your personal contact and address information prior to your appointment.
- **Arrange for a responsible adult to take you home after your procedure.**

On the day of your appointment

- Please arrive on the unit **1 hour prior to your scheduled appointment time**. Failure to do so may result in cancellation of your appointment.
- You will be sedated for the procedure. **You must have a responsible adult available to take you home by private or public transit.**
- Please have your ride come up to the unit with you to receive a pager. They will get paged when you are ready to be picked up.
- If your ride does not receive a pager, they will receive a call 1 hour before the patient pick-up time.
- **Check List for What to Bring:**
 - Alberta Personal Health Card
 - Photo Identification
 - Bring all your **medications (including insulin) with you or a Medication List.**
 - Bring a bag with you for your clothing.
 - Home oxygen (full tank) and/or BiPAP/CPAP machine if you are using it.
- **Do not bring valuables, jewellery, or large sums of money.**

Preparation for Sigmoidoscopy

Magnesium Citrate or Dulcolax

THE EVENING BEFORE THE PROCEDURE (choose only one preparation: Magnesium Citrate **OR** Dulcolax)

CHOICE #A – Magnesium Citrate solution

1. 5:00 p.m., drink one bottle of Magnesium Citrate. Magnesium Citrate is available at your pharmacy without a prescription.

CHOICE #B – Dulcolax tablets

1. At 10:00pm., take three (3) bisacodyl (Dulcolax) tablets. Dulcolax is available at your pharmacy without a prescription.

THE DAY OF THE PROCEDURE

1. Do not eat or drink anything, including water, 4 hours prior to your appointment time.
2. Give yourself a fleet enema prior to arrival in hospital. Fleet enema is available at your pharmacy without a prescription.

Sigmoidoscopy

Your physician has determined that flexible sigmoidoscopy is necessary for further evaluation or treatment of your condition.

Because education is an important part of comprehensive medical care, you have been provided with information to prepare you for this procedure.

If you have any questions about your need for flexible sigmoidoscopy or alternative tests, do not hesitate to speak to your doctor. Endoscopists are highly trained specialists and welcome your questions regarding their credentials and training.

The following information includes answers to questions patients ask most frequently. Please read it carefully.

WHAT IS SIGMOIDOSCOPY?

Flexible sigmoidoscopy is a procedure that enables your physicians to examine the lining of the rectum and a portion of the colon (large bowel) by inserting a flexible tube called a sigmoidoscope (that is about the thickness of your finger) into the anus and advancing it slowly into the rectum and lower part of the colon.

WHAT PREPARATION IS REQUIRED?

The rectum and lower colon must be completely empty of stool for the procedure to be accurate and complete. Your physician will give you detailed instructions regarding the cleansing routine to be used.

In general, preparation consists of one or two enemas prior to the procedure but may include laxatives or dietary modifications. If you have acute diarrhea or colitis, your physician may advise you to forgo any special preparation before the examination.

WHAT IF THE FLEXIBLE SIGMOIDOSCOPY SHOWS SOMETHING ABNORMAL?

If the doctor sees an area that needs evaluation in greater detail, a biopsy (sample of the colon lining) may be obtained and submitted to a laboratory for further analysis. If polyps (growths from the lining of the colon which vary in size) are found, they can be biopsied, but usually are not removed at the time of the sigmoidoscopy. Your doctor will likely request that you have a colonoscopy (a complete examination of the colon) to remove any large polyp that is found.

WHAT ARE THE POSSIBLE COMPLICATIONS OF SIGMOIDOSCOPY?

Flexible sigmoidoscopy and biopsy are generally safe when performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

Possible complications after flexible sigmoidoscopy are rare, but it is important for you to recognize early signs of any possible complication.

Contact your physician or go to the nearest emergency department if you notice any of the following symptoms:

- severe abdominal pain
- fevers, chills
- rectal bleeding of more than one-half cup. It is important to note that rectal bleeding can occur even several days after the biopsy.

WHAT ABOUT MY CURRENT MEDICATIONS?

Most medications can be continued as usual. You should inform your physician of all current medications as well as any allergies to medications several days prior to the examination.

However, drugs such as anticoagulants (blood thinners) are examples of medications whose use should be discussed with your physician. You should alert your doctor if you have required antibiotics prior to undergoing past dental procedures, since you may need antibiotics prior to flexible sigmoidoscopy as well.

WHAT HAPPENS WHEN I ARRIVE IN ENDOSCOPY?

The Registration Clerk will register you for the procedure. Please have your photo identification and Alberta Personal Health Card with you.

The Endoscopy nurse will get you ready for the procedure. Paperwork for the procedure will be reviewed and you will be asked to sign the procedure consent. You will change into a gown and lie on a stretcher. The nurse may start an intravenous (IV) in your arm if you will be receiving sedation with this procedure. When it is time for your sigmoidoscopy, you will be taken to the procedure room on a stretcher.

WHAT HAPPENS DURING THE PROCEDURE?

Flexible sigmoidoscopy is usually well tolerated and rarely causes much pain. There is often a feeling of pressure, bloating, or cramping at various times during the procedure.

You will be lying on your side while the sigmoidoscope is advanced through the rectum and colon. As the instrument is withdrawn, the lining of the intestine is carefully examined. The procedure usually takes anywhere from 5 to 15 minutes. Your oxygen level, heart rate, and blood pressure, are monitored during the procedure.

WHAT HAPPENS AFTER THE PROCEDURE?

You will be taken by stretcher from the procedure room to the recovery room. If you received sedation medication during the procedure, your oxygen level, blood pressure, heart rate, and breathing will be monitored by recovery nurses after the procedure. You will stay in the recovery room until the nurse determines that you are ready to go home.

You may have some mild cramping or bloating sensation because of the air that has been passed into the colon during the examination. This will disappear quickly with the passage of gas.

If you have been given sedation medications during the procedure, a responsible adult must accompany you home from the procedure because of the sedation used during the procedure. If you are unable to get a responsible adult to accompany you home, the procedure may either be cancelled, rescheduled or it may have to be done without sedation.

Even if you feel alert after the procedure, your judgement and reflexes may be impaired by the sedation for the rest of the day, making it unsafe for you to drive or operate any machinery.

After sigmoidoscopy, the physician will explain the results to you.

You should be able to eat and resume your normal activities after leaving your doctor's office or the hospital.

After your Colonoscopy / Sigmoidoscopy / Rectal Endoscopic Ultrasound (EUS)

Diet	<p>You may eat your normal diet unless instructed otherwise by your physician. Start with liquids and soft food. Foods that bothered you before may still bother you now.</p> <p>Do NOT drink any alcoholic beverages for the next twenty-four (24) hours after your procedure.</p>
Activity	<p>You received sedation during the procedure that made you drowsy and relaxed. This sedation takes time to wear off. Even if you feel awake and alert you are considered legally intoxicated and your judgment and reflexes may be impaired.</p> <p>Until the next day:</p> <ul style="list-style-type: none"> ➤ do not engage in any major decision-making ➤ do not perform any hazardous activities ➤ do not operate any heavy machinery ➤ do not drive <p>Because complications can occur, travel is not recommended for the two (2) weeks following your procedure.</p>
Medications	<p>You may take your regular prescription medication unless your physician has told you otherwise.</p> <p>Do NOT take sleeping pills for twenty-four (24) hours after your procedure</p>
Biopsy	<p>If your physician removed a polyp, you may pass a small amount of blood with your bowel movements over the next two weeks following your procedure.</p>
Abdominal discomfort	<p>While at home, you may have some abdominal bloating or cramping. This should disappear when you pass gas rectally. Walking, passing gas or placing a warm blanket on your belly may help ease the discomfort.</p> <p>Constant abdominal pain is very uncommon after colonoscopy.</p>
CPAP or BiPAP	<p>If you use any form of continuous positive airway pressure (CPAP) or bi-level positive airway pressure (BiPAP), wear this device in any setting where you may fall asleep during the next twenty-four (24) hours.</p>
When you should call for help	<p>Call the physician who performed your procedure or go to your nearest Emergency Department if you:</p> <ul style="list-style-type: none"> ▪ have increased bleeding from the rectum of more than one tablespoon ▪ cannot pass gas rectally ▪ have severe constant abdominal pain or bloating and a hard or rigid belly ▪ have chills or fever that continues for more than twenty-four (24) hours

**For any questions or concerns, speak with a Registered Nurse, 24 hours a day, at
HEALTH Link Alberta: DIAL 811 or 1-866-408-5465 (LINK)**

LEVEL

2

Walter C. Mackenzie Health Sciences Centre

-  Elevators/Stairs/ Escalator
-  Public Route
-  Atrium Area
-  Washrooms
-  Pedway to Parking
-  John W. Scott Health Sciences Library
-  Faculty of Medicine and Dentistry
-  Diagnostic Imaging
-  ATM

