

Alpine Medical Clinic
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SIGMOIDOSCOPY

PATIENT NAME: _____

REFERRING PHYSICIAN: _____

DATE OF APPOINTMENT: _____

TIME OF APPOINTMENT: _____

NOTE: Please note you must inform the office 1 week prior to your appointment if you wish to cancel or reschedule. Failure to do so will result in a \$150 “no show” charge.

This procedure will take place at the Banff Mineral Springs Hospital.

Please arrive 45-60 minutes prior to your appointment.

FLEXIBLE SIGMOIDOSCOPY:

Flexible sigmoidoscopy is a visual examination of the lining of the lower portion of your large intestine. This is performed by passing a long flexible tube (sigmoidoscope) through the rectum and the colon. The doctor will be able to look for any abnormalities which may be present. If necessary, small tissue samples (biopsies) can be taken during the examination. These are painless, and are sent for detailed laboratory analysis.

PREPARATION:

To allow a clear view, the lower colon must be completely free of waste material. On the morning of your examination, please administer **2 FLEET enemas, the first 1 hour prior to your appointment, and 2nd one half-hour prior to your appointment time.** These are obtained from your local pharmacy. Avoid taking aspirin products or any iron preparation for two (2) days prior to the examination.

YOU MAY EAT AND DRINK AS NORMAL ON THE DAY OF YOUR EXAMINATION.

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 examination, or have any allergies or previous bad reactions to medications.

You will be placed in a comfortable position on your left side. The doctor will pass the sigmoidoscope through the anus into the rectum, and advance it up 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 by the nurse to change your position during the examination and will be assisted by the nurse. The examination takes 5-15 minutes.

AFTERWARDS:

After this you may return to your normal diet unless otherwise instructed. You may feel slightly bloated, due to the air which has been injected through the endoscope. This will pass quickly.

RISKS:

Sigmoidoscopy can result in complications such as reactions to medication (if given), perforation of the colon and/or bleeding. These are very rare (less than one in 1000 examinations), but may require urgent treatment, and even an operation. Be sure to inform us if you have any pain, black tarry stools or persistent bleeding in the hours or days after sigmoidoscopy.

QUESTIONS OR PROBLEMS:

Contact Dr. Ian MacDonald at his office (403) 762-3155. In case of an emergency, Dr MacDonald can be contacted at home (403) 762-2294 or by cellular phone (403)678-7642.