

AFTERNOON FLEXIBLE SIGMOIDOSCOPY PROCEDURE SHEET

Flexible Sigmoidoscopy

Flexible Sigmoidoscopy is a test using a thin flexible camera to inspect the lower bowel. It is commonly performed as a day case procedure. It allows for photographs and samples (biopsies) to be obtained, and for the removal of small growths (polyps) if required. The procedure is performed by a Gastroenterologist and sedation given by an Anaesthetist.

These procedures are very safe and well tolerated. The risks are less than 1 in 1000 for bleeding or damaging the wall of the bowel. It generally takes around 20 minutes to complete, and you will be able to restart your normal diet immediately after the procedure.

There are restrictions on your ability to work and drive on the day of the procedure due to having a short anaesthetic, however most patients return to normal duties the following day. You will require someone to escort you home and be with you the night after your procedure.

Special Considerations

If you have diabetes, kidney problems or take blood thinners (apart from aspirin which is safe to continue), please contact our rooms directly regarding special instructions to best prepare for the procedure.

Preparation for procedure

- Fast for six hours – you may have a light breakfast by 7am on day of test
- Take usual medications on the morning of your procedure at 7am with a sip of water only, unless instructed by our staff with regard to diabetes or blood thinning medication.

You may be given an enema on arrival in Day Surgery to clean out your lower bowel, although this does depend on the reason for the test and is individualised. Your specialist will discuss this directly with you if required.

Unless otherwise instructed, **please report to the Day Surgery on Level 5 at the Hobart Private Hospital by 1pm** on the day of your procedure.

You are likely to be ready to go home around 5-6pm.