

# SIGMOIDOSCOPY OR SHORT COLONOSCOPY

## YOUR EXAM

Your doctor has prescribed a sigmoidoscopy exam which is a short colonoscopy exam. In this procedure a flexible tube is introduced through the anus. The tube has a camera and light source that allows the physician to examine the large intestine and detect the presence of lesions. The most common type of lesions is called polyps<sup>1</sup>.

During the procedure, your doctor may take a biopsy<sup>2</sup> or remove the polyps.

## IMPORTANT

The effects of the sedative or relaxant that will be administered to you as needed during the exam may last up to 24 hours.

You must be accompanied for the exam, because you will not be able to drive afterwards. If none of your relatives or friends is available, we ask that you please use a taxi or volunteer service.

If you must cancel or report your exam, please notify the staff

By phone :

Sherbrooke, Memphrémagog : 819-564-5210

Val-des-Sources : 819-879-7151 Ext. : 39300

Haute-Yamaska : 450-375-8000 Ext. : 62442

la Pommeraié : 450-266-4342 Ext. : 35508

Granit : 819-583-0330

(weekday : Ext. : 36945 – evenings, nights,

weekends and holidays : Ext. : 37797)

On line : [santeestrie.qc.ca/rendez-vous](http://santeestrie.qc.ca/rendez-vous)

<sup>1</sup> Polyps are benign tumours which may measure from several millimeters to several centimeters. They should be removed because the lesions can become cancerous.

<sup>2</sup> A medical test involving the removal of tissues in order to analyze and to determine their nature.

## WHAT TO DO BEFORE YOUR EXAM

It is important to have an enema and to follow the recommended guidelines, because the quality and safety of your exam depend on it.

- If you are taking iron, Coumadin (Warfarin), Plavix, Aspirin, or Heparin, notify the clinical staff when scheduling your appointment.
- Bring an up-to-date list of all medications you are taking and be sure to mention any known allergies.
- You may eat and drink normally.
- Do not wear jewellery or nail polish the day of the exam.
- Arrive 30 minutes before the scheduled time of your exam.

## DURING THE EXAM

- The exam may last from 10 to 20 minutes.
- You will be moved to an examination stretcher.
- You will lie on your left side.
- The nurse will give you a mild sedative to keep you comfortable and help you relax.
- When you will be ready, the doctor will introduce the tube into your anus. It is important to mention if you feel any pain.

## AFTER THE EXAM

- You will be kept in an observation area for about 30 minutes.
- The staff will regularly check your blood pressure and other vital signs such as your heart rate.
- It is normal to feel tired and nauseous.
- It is normal to feel bloated or have gas.

## AT HOME

The overall risk of complications with this exam is very low:

- Bleeding.
- Gastrointestinal perforation.

If you have severe stomach pains, chills, or bleeding:



Consult with your family doctor or go to a walk-in health clinic.



If the clinic is closed: call Info-Santé 8-1-1.



Go to the emergency room of the nearest hospital center.

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### Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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