

# Going home after your sigmoidoscopy

---

Today you have had a sigmoidoscopy. Here are a few things to watch out for.

## When to eat and drink

You can eat and drink what you normally do, unless your doctor told you otherwise.

## Discomfort in your stomach or belly

You may feel pressure in your stomach or discomfort in your lower belly or abdomen (bowel). This discomfort is due to the air that was put into your stomach during the sigmoidoscopy. You may also feel sick to your stomach (nausea). These feelings will not last long. As you pass gas the discomfort will gradually go away. Walking and moving helps you to pass gas.

## When to call the doctor

It is rare to have problems after sigmoidoscopy.

Call the doctor who did your sigmoidoscopy or go to the nearest hospital emergency department if you have any of these problems:

- throwing up (vomiting)
- severe pain in your stomach or lower belly (bowel) or your discomfort does not go away or gets worse
- chills or a fever - your temperature is higher than 38.5°C or 101.3°F

## Biopsy or removal of a growth (polyp) Yes No

If you had a biopsy or a growth removed from your bowel you may notice some blood spots in your bowel movements for the next few days. This is normal. Call the doctor that did your sigmoidoscopy or go to the nearest hospital emergency department if you pass a large amount of blood.

It may take up to 2 weeks to get the results of the biopsy or tests on the growth that was removed. Two weeks after your sigmoidoscopy, you can call Jean at 905-521-2100, ext. 73616 for your biopsy results.

## Follow-up

- No appointment needed
- Yes, your appointment is with:
  - Doctor \_\_\_\_\_
  - Where \_\_\_\_\_
  - Date \_\_\_\_\_
  - Time \_\_\_\_\_
- Yes, please call the Clinic at 905-521-2100, ext. 73347 to make an appointment with Doctor \_\_\_\_\_ in \_\_\_\_\_ (weeks).

## Questions

If you have questions or concerns call the doctor that did your sigmoidoscopy or your family doctor.

## Special instructions

---

---

---