



# Sigmoidoscopy

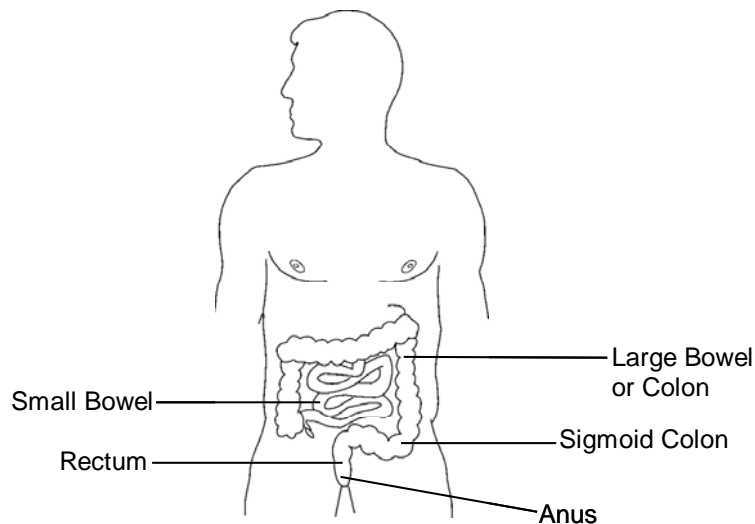
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Your sigmoidoscopy is on \_\_\_\_\_ (date).

You will need to come to the hospital and check in at the Endoscopy Unit at \_\_\_\_\_ (time).

## What is a sigmoidoscopy?

A sigmoidoscopy is a procedure to look inside the lower part of your large bowel, which is called the sigmoid colon.



The doctor uses a long, thin, flexible tube with a camera and a light at the end. This is called a sigmoidoscope. The tube is put in your bottom (bum, anus) and gently guided into your rectum and the sigmoid colon. The doctor can also use the tube to take tiny pinches of the lining of your bowel for tests. This is called a biopsy.

## How long does a sigmoidoscopy take?

A sigmoidoscopy takes about 20 minutes.

Plan to be at the hospital about 1 to 3 hours from start to finish.

If you need **to change or cancel your appointment:**

- call the 3F Clinic at 905-521-2100, ext 73347.

If you have **questions or concerns about the sigmoidoscopy,** call:

- the pediatric GI nurse at 905-521-2100, ext. 73616 or 73072
- or the Endoscopy Unit at 905-521-2100, ext. 76921

## **What should I do before coming to the hospital?**

To look inside your sigmoid colon, it must be completely empty. This means you will have to clean out your bowel with an enema before the procedure. Your doctor or nurse will tell you how to do this.

**Do not eat anything after midnight before your sigmoidoscopy.** This includes candies or gum.

**You may drink clear fluids up to 4 hours before your sigmoidoscopy.**

Clear fluids include:

- water
- apple juice
- lemonade
- Sprite™ or 7-Up™
- black coffee or tea
- chicken or beef broth
- Jello™ (not red or purple)
- Gatorade™ (not red or purple)
- Popsicles™ (not red or purple)

### **Medications**

Take your usual medications the day of the test with a sip of water. There are some medications that your doctor may not want you to take, such as aspirin or coumadin. Your doctor will talk to you about this.

### **Special instructions**

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## What should I bring to the hospital?

- Bring a list of your medications to the hospital.
- If you or your parents are not able to speak English, please bring an interpreter with you.
- You may want to bring a book or some activities to pass the time.
- If you have diabetes you will need to have your blood sugar checked. If you have a glucometer, please bring it with you to the hospital.

## Where do I go for my sigmoidoscopy?

Your sigmoidoscopy will be done at the McMaster Children's Hospital at Hamilton Health Sciences. Go to Same Day Surgery on the 2<sup>nd</sup> floor, behind the yellow elevators.

Check in at the Endoscopy reception desk on your left, just past the waiting room.

Make sure the nurse knows how to contact the person driving you home.

You must have an adult drive or meet you and take you home. **If an adult is not there to take you home, your sigmoidoscopy may be cancelled.**

## What happens during the sigmoidoscopy?

- You will lie on your left side on a stretcher. There will be a blood pressure cuff wrapped around your arm to take your blood pressure.
- A plastic clip with a red light will be put on your finger to show how much oxygen is in your blood. This does not hurt.
- The doctor will tell you what he or she is doing. There is a nurse in the room helping you and the doctor.
- You may feel pressure or cramping at times during the procedure.
- The doctor may take very tiny pieces of the lining of your bowel to send for tests. This does not hurt.
- If you need a medication to help you relax, you will need to have an intravenous line, called an I.V. put into a vein in your arm.

## **What happens after the sigmoidoscopy?**

You will be given an information sheet called “Going home after your sigmoidoscopy”. It has instructions on how to care for yourself at home.

You must have an adult drive or meet you and take you home. He or she should pick you up at the Endoscopy Unit in Same Day Surgery.

The medicine that helped you relax may make you feel sleepy. For the rest of the day you may need to stay home from school or work and avoid sports activities.

**If you have any questions after the procedure,  
please call the doctor who did your sigmoidoscopy.**