

## Going home after your Flexible Sigmoidoscopy

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Date \_\_\_\_\_

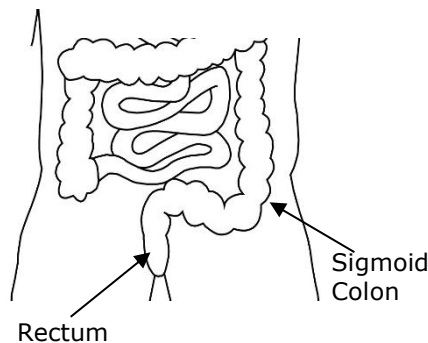
Today you have had a flexible sigmoidoscopy at \_\_\_\_\_

by Dr. \_\_\_\_\_, assisted by \_\_\_\_\_.

You were referred by Dr. \_\_\_\_\_

### Findings

- Normal
- Polyp
- Diverticulosis
- Inflammation
- Other \_\_\_\_\_



### Interventions Performed

- Biopsy
- Polyp Removal
- Dilation
- Argon Plasma Coagulation (APC)
- None
- Other \_\_\_\_\_

Your family doctor should receive reports within 2 to 4 weeks.

### Sedation

If you were given sedation, over the next 24 hours **DO NOT**:

- drive, ride on a motorcycle or operate machinery
- drink any alcohol or take sedatives (such as sleeping pills or anti-anxiety medications)
- make major or legal decisions
- do any heavy lifting or strenuous exercise

Even though you may feel awake and alert, sedation impairs your judgement and ability.

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## Things to know

- You may have bloating or abdominal cramping due to the air that was put into your bowel during the test. As you pass the gas, the abdominal discomfort gradually goes away. Walking and moving helps to pass gas.
- You may not have a solid bowel movement for up to 24 hours as your colon was emptied by the preparation.
- You may have discomfort or tenderness at the intravenous (IV) site. Use a warm compress to help.
- You can eat and drink what you normally do unless your doctor has told you otherwise.

## What to watch for

Call \_\_\_\_\_ or go to the Emergency Department if you have:

- fever and chills
- severe abdominal pain that does not go away or gets worse
- chest pain
- bleeding from your rectum other than minor spotting

## Medications

- No changes
- Start \_\_\_\_\_
- Restart your blood thinner

Repeat procedure (to be arranged by) \_\_\_\_\_

Follow-up with \_\_\_\_\_

Additional tests or referrals \_\_\_\_\_

Special instructions \_\_\_\_\_

\_\_\_\_\_