

## FLEX SIGMOIDOSCOPY



SOURCE : [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

## INFORMATION FOR THE PATIENT

## FLEX SIGMOIDOSCOPY

The flex sigmoidoscopy is an examination that uses a flexible tube called a colonoscope to explore the mucous membrane of the rectum and the colon portion of the large intestine (about 70 cm).

The examination can:

- Identify whether there is:
  - A source of bleeding.
  - Polyps (balls of flesh).
  - Tumors, inflammation or diverticula (small pockets on the outer surface of the colon).
- Take tissue samples for analysis (biopsies).
- Remove polyps.
- Cauterize a source of bleeding (a medical technique using heat or a chemical product).
- Make a diagnosis.

This examination is safe and healthcare professionals monitor you throughout the examination.

Don't hesitate to ask the healthcare professionals any questions before, during or after the procedure.

### **Confirming or cancelling your appointment**

We will phone you to give you the date and time of your appointment along with some instructions to follow.

If you are unable to come to your appointment, it is important to let us know at least 48 hours in advance by calling us (telephone numbers are on Page 6). That way, another patient on the waiting list will be able to take your place.

This postponement will be counted as a refusal by you and, if there is a third refusal or postponement, your request for an endoscopic examination will be cancelled and you will have to see your doctor again to assess the need to undergo this examination (directive from the ministère de la Santé et des Services Sociaux (MSSS), March 2021).



## ■ Preparing for the examination

- The day before the examination, you must avoid eating any fruit, vegetables or fibre.
- Do not drink, eat, chew gum or suck on a candy after midnight except to take your medication with a sip of water and to brush your teeth.
- You must get 2 rectal sodium phosphate (Fleet™) enemas from your pharmacy.
  - Follow the instructions provided with the sodium phosphate (Fleet™) enema.
  - *If your examination is in the morning:* At 6:00 am, administer a rectal sodium phosphate enema and complete the second one 30 minutes before leaving your home.
  - *If your examination is in the afternoon:* Administer a rectal sodium phosphate enema 4 hours before the examination and complete the second one 30 minutes before leaving your home.
- You can take your normal medications at 6:00 am **UNLESS** your doctor told you to stop them.
- Remove any jewellery or piercing. We recommend that you leave them at home.
- Remove your contact lenses, nail polish, artificial nails and makeup.
- Keep your hearing aid.
- If you receive medication to relax you (sedative) during the examination, you must be accompanied for your return home because you will not be able to drive for 24 hours. We will tell you if this applies to you.
- Inform the appointments clerk and the nurse of your state of health or if your medications have changed since your medical appointment.

### Bring with you:

- An up-to-date list of the medications you are taking.
- Your valid health insurance card.
- Your hospital card (if you do not have one, a new card will be given to you at Endoscopy, or you will have to go to Hospital Admissions to get one before your examination).
- Any relevant radiology documents in your possession (reports, CD, etc.).
- Note that a bag or locker will be available for you to leave your personal effects in.



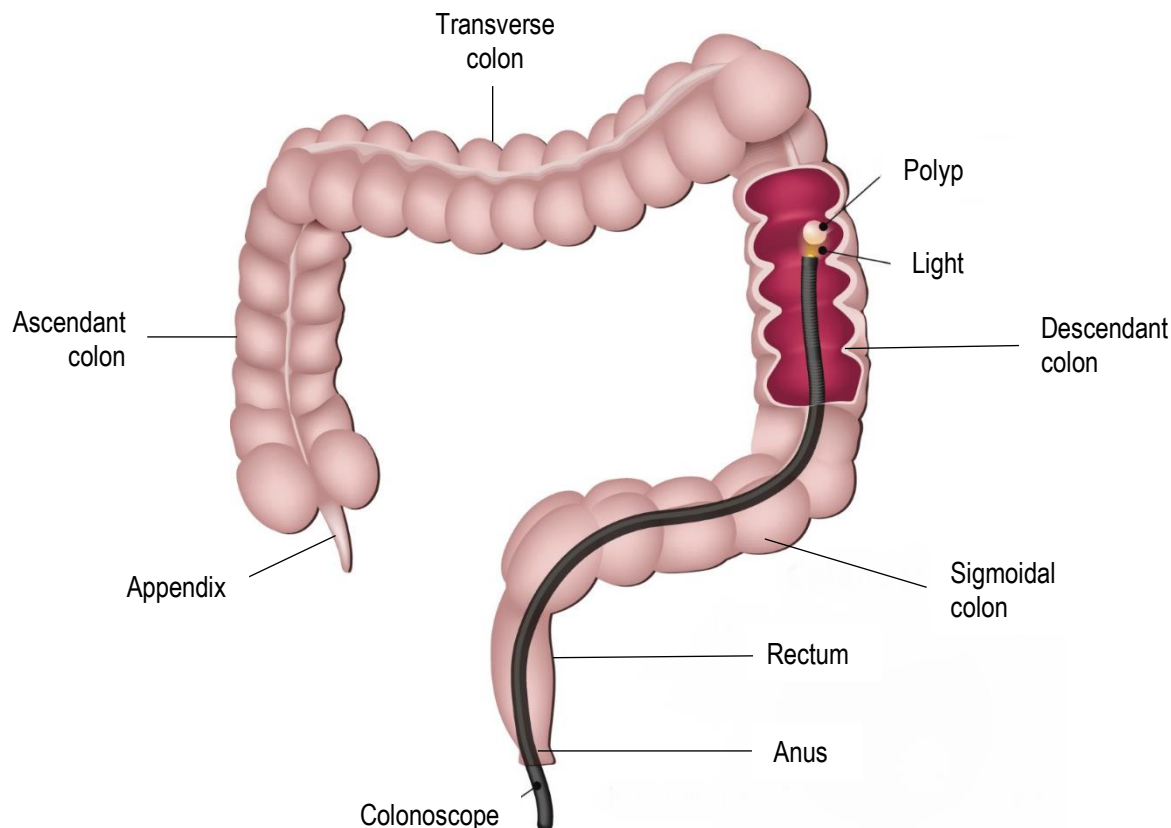
**WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.  
BRING MINIMUM PERSONAL EFFECTS.**

## How the examination is conducted

- We will tell you which clothes to remove. You will then put on a hospital gown.
- Once in the examination room, a member of the team will tell you the best position to be in to facilitate the examination, while ensuring your greatest comfort.
- If you receive medication to relax you (sedative), an intravenous catheter will be inserted in your arm to administer the necessary medication. This will allow you to be lightly asleep during the examination.

The doctor will conduct the examination:

- The doctor will introduce a flexible tube, called a colonoscope, through your anus until approximately 30 cm into your large intestine (colon).
- The doctor will see the images produced by a fibre optic (camera) projected on a screen.
- It is perfectly normal to feel some cramps and throbbing during the examination because the tube blows air into the intestine.
- It is normal to feel a false need to have a bowel movement because the rectum is filled with air.



## Biopsy

- During the examination, it is possible a biopsy will be performed.
- In this case, a small instrument will be introduced into the colonoscope to take a tissue sample.
- The sample will be sent to the hospital laboratory for analysis.

## Length of the examination

- The examination takes about 10 minutes and you will remain under observation for 30 minutes to 1 hour after the examination if you received medication to relax you (sedative). If you did not receive such medication, you will leave immediately after the examination.



## Instructions for the return home

- If you received medication to relax you (sedative), you must be accompanied for the return home as you cannot drive for a period of 24 hours after your examination. The person accompanying you must be easy to contact (have a cellphone with them).
  - Go to our website (Care and Services section, then Endoscopy) to consult and follow the instructions in the *Returning home after a sedation* pamphlet.

## Possible side effects after the examination

- Watch for side effects of the examination. These post-examination symptoms are normal and should not worry you:
  - Bloating for a few hours following the examination. The passage of gas will gradually eliminate the discomfort.
  - Fatigue.
  - Nausea.

## You must call Info-Santé (811) or go to Emergency if you have:

- A lot of clear blood or black stools in the toilet.
- Abdominal pain not relieved with acetaminophen (Tylenol™).
- Serious pain in your shoulders.
- Oral temperature above 38.5 °C for more than 24 hours.



## Contact information

The Endoscopy services of the CISSS des Laurentides are open Monday to Friday from 8:00 am to 4:00 pm, except for the Hôpital de Mont-Laurier where the hours are 7:30 a.m. to 3:30 p.m.

**Note that the services are closed on Saturdays and Sundays as well as statutory holidays.**

**Hôpital de Saint-Eustache: 450-473-6811, ext. 42417**  
520 Boul. Arthur-Sauvé, Saint-Eustache, QC J7R 5B1

**Hôpital Laurentien: 819-324-4000, ext. 34559**  
234 Rue Saint-Vincent, Sainte-Agathe-des-Monts, QC J8C 2B8

**Hôpital de Saint-Jérôme: 450-432-2777, ext. 22781**  
290 Rue De Montigny, Saint-Jérôme, QC J7Z 5T3

**Hôpital d'Argenteuil: 450-562-3761, ext. 72521**  
**Centre multiservices de santé et de services sociaux  
d'Argenteuil**  
145 Avenue de la Providence, Lachute, QC J8H 4C7

**Hôpital de Mont-Laurier: 819-623-1234, ext. 54240**  
2561 Chemin de la Lièvre Sud, Mont-Laurier, QC J9L 3G3

You can also call Info-Santé at 811.