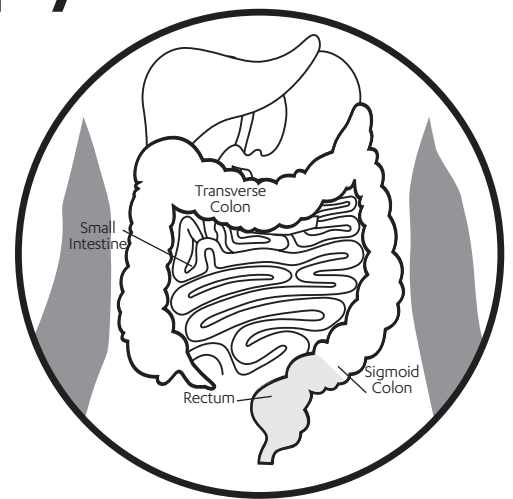


Flexible Sigmoidoscopy

What is a Flexible Sigmoidoscopy?

Flexible sigmoidoscopy (also known as limited colonoscopy) allows inspection of the lining of the rectum and lower part of the colon. It uses a flexible tube with a “video camera” at the tip. The instrument is about 1 cm in diameter. It is an important examination used for the diagnosis and treatment of bowel conditions.



During your procedure you will be given **sedation**. It is important that you arrange for someone to drive you home following your procedure. You are not permitted, by law, to drive yourself. For safety reasons, if you are travelling on public transport, or in a taxi, please arrange for a support person to travel with you.

PREPARATION

Your doctor will tell you what preparation is required. If you are not receiving a sedative medication for the procedure, there is no need to fast, prior to the procedure. If your doctor plans to give you sedation for the procedure you will need to fast which will require no food for 6 hours and no liquids 2 hours prior to the procedure. A small enema (a solution that is inserted into the rectum to clean the lower bowel) is the only preparation and it is given just before the procedure. It is unusual to require a full bowel clean out prior to this procedure.

Please inform your doctor prior to the procedure about medications that you are taking:

- Any anticoagulants (particularly blood thinning medications) such as Warfarin, Aspirin, Clopidogrel (Plavix) or Dabigatran (Pradaxa).
- Please bring a list of your current medications with you to your appointment.

PROCEDURE

You will lie on your side while your doctor advances the endoscope through the rectum and colon. You might experience a feeling of pressure, bloating or cramping during the procedure. This is normal. After the procedure, your doctor will explain the results to you.

SEDATION

Sedation is generally used during the procedure, it is important that you **do not drive or operate machinery for 12 hours** after your procedure. Your expected time of stay in hospital is about three to four hours. Please arrange for someone to drive you home afterwards. You are not permitted, by law, to drive yourself. For safety reasons, if you are travelling on public transport, or in a taxi, please arrange for a support person to travel with you.

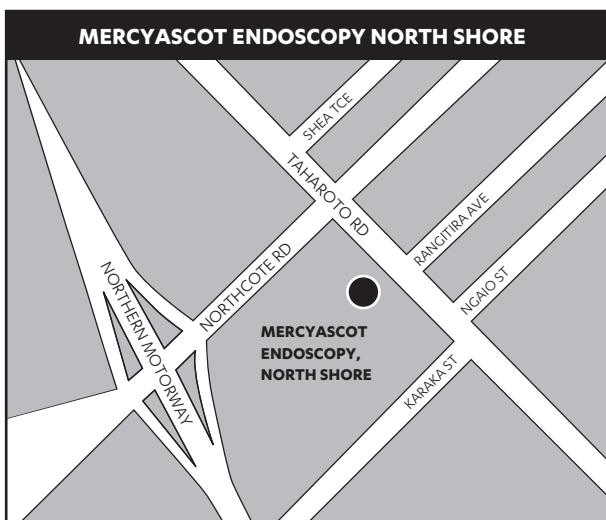
RISKS

Flexible sigmoidoscopy and biopsy are very safe when performed by doctors who are specially trained and experienced in these endoscopic procedures. Complications occur rarely, and could include problems such as: bleeding from a biopsy, or polyp removal site and damage to the wall of the bowel (perforation). These complications are uncommon, but it is important for you to recognise early signs of possible complications.

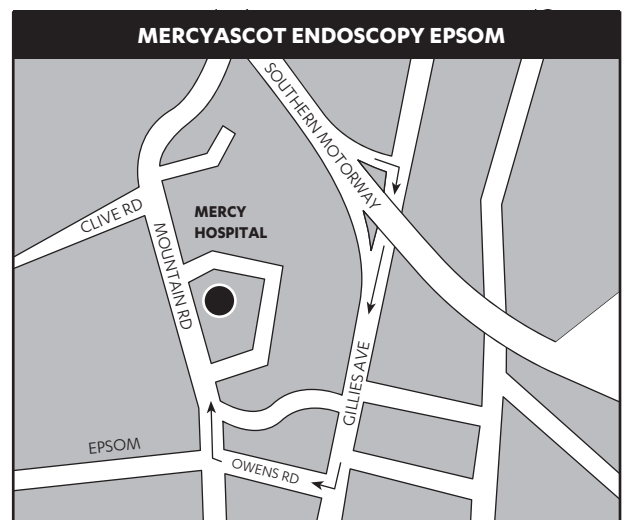
Contact your doctor or the hospital if you notice:

- severe abdominal pain
- fevers and chills
- rectal bleeding

LOCATION



Address: 46 Taharoto Road, Takapuna, Auckland 0622
Phone: 09 486 4346 Fax: 09 486 4347



Address: 98 Mountain Road, Epsom, Auckland 1023
Phone: 09 623 5725 Fax: 09 623 5704