



# SIGMOIDOSCOPY OR SHORT COLONOSCOPY

## YOUR EXAM

Your doctor has prescribed a sigmoidoscopy exam which is a short colonoscopy exam. In this procedure a flexible tube is introduced through the anus. The tube has a camera and light source that allows the physician to examine the large intestine and detect the presence of lesions. The most common type of lesions is called polyps<sup>[1]</sup>.

During the procedure, your doctor may take a biopsy<sup>[2]</sup> or remove the polyps.

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[1] Polyps are benign tumours which may measure from several millimeters to several centimeters. They should be removed because the lesions can become cancerous.

[2] A medical test involving the removal of tissues in order to analyze and to determine their nature.

## WHAT TO DO BEFORE YOUR EXAM

It is important to have an enema and to follow the recommended guidelines, because the quality and safety of your exam depend on it.

- If you are taking iron, Coumadin (Warfarin), Plavix, Aspirin, or Heparin, notify the clinical staff when scheduling your appointment.
- Bring an up-to-date list of all medications you are taking and be sure to mention any known allergies.
- You may eat and drink normally.
- Do not wear jewellery or nail polish the day of the exam.
- Arrive 30 minutes before the scheduled time of your exam.

## IMPORTANT

You will not be able to drive after the exam, so we ask that you be accompanied by a friend or family member.

## DURING THE EXAM

- The exam may last from 10 to 20 minutes.
- You will be moved to an examination stretcher.
- You will lie on your left side.
- The nurse will give you a mild sedative to keep you comfortable and help you relax.
- When you will be ready, the doctor will introduce the tube into your anus. It is important to mention if you feel any pain.

## AFTER THE EXAM

- You will be kept in an observation area for about 30 minutes.
- The staff will regularly check your blood pressure and other vital signs such as your heart rate.
- It is normal to feel bloated or have gas.
- It is normal to feel tired and nauseous.

## AT HOME

**The overall risk of complications with this exam is very low:**

- bleeding;
- gastrointestinal perforation.

**If you have severe stomach pains, chills, or bleeding:**



Consult with your family doctor or go to a walk-in health clinic.



If the clinic is closed:  
call Info-Santé 8-1-1.



Go to the nearest hospital emergency department.

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### Revision and layout

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**If you must cancel your exam, please notify the staff at 819-564-5210.**