



RECTAL ENDOSCOPY EXAM

YOUR EXAM

Your doctor has prescribed an exam called a rectal endoscopy. The procedure involves introducing a flexible tube through the anus. The tube has a camera and an ultrasound probe on the tip to inspect your rectum and to detect any abnormalities.

During the procedure, your doctor may conduct a biopsy^[1].

[1] A medical test involving the removal of tissues in order to analyse them and to determine their nature.

WHAT TO DO BEFORE YOUR EXAM

It is important to have the barium 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 drink and eat 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 15 to 30 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 insert the tube in your anus. **It is important to mention if you feel pain.**

AFTER THE EXAM

- It is normal if you feel bloated or have gas.
- If you already have a lesion in the rectum, the bleeding could increase slightly after the examination.

AT HOME

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

- bleeding;
- intestinal perforation.

If you have bleeding or severe stomach pains:



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.

Authors

Frédéric Grondin, nurse, M.Sc.; Dr Charles Ménard, gastroenterologist

Revision and layout

Service des communications

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If you must cancel your exam, please notify the staff at 819-346-1110, ext 29014.