

Sigmoidoscopy

The examination is carried out with a long flexible binoculars, through which instruments can be used for example tissue sampling or removal of polyps. To unfold the intestine, air is blown in the intestine. Most air is sucked out at the end of the study. The examination is done to reveal whether there are changes in the gut (inflammation, polyps, diverticulitis, or cancer). Sigmoidoscopy examination is of the lower 60 cm of the colon.

The day before the examination.

If you have pacemaker or get blood thinning medicines, shall it be disclosed before the examination.

After lunch only be taken liquid diet that includes:

Water, ready soups, sour soups, juice, coffee, tea, squash and soda.

Yogurt and other milk products are allowed however, in limited quantities.

Take 2 pcs Toilax tablets pm. 12 and at. 22.

There may be abdominal pains after taking the tablets, and in rare instances, there may be instances of consciousness when you go to the toilet.

Remember to drink plenty of liquid.

At the day of examinations:

One should not be fasting!

You are allowed to have a light breakfast regardless of the time.

2 – 2,5 hours before the examination, the delivered Toilax lozenges must be pushed into the intestine.

The examination:

At the examination you are on the left side. There may be some discomfort as well as pain due to the intestinal tract.

The examination takes about 5 – 10 min.

After the examination you can go to work.

Complications:

After sampling of tissue samples there may be a little blood in the stool at the first day. In very rare cases there may after a polyp removal severe bleeding occurs or hole on the intestine which will require admission.

Seek medical advice:

Should fever, bleeding or pain occur after a polyp removal, immediately contact the clinic, doctor on call or emergency 118.