

Patient Information: Flexible Sigmoidoscopy

Flexible sigmoidoscopy is an examination of the lower part of your large bowel (colon) with an endoscope.

INDICATIONS: Flexible sigmoidoscopy might be recommended if your symptoms suggest a problem with your lower colon. A number of treatments can be given through the endoscope. The most common are removal of small growths called polyps (that may otherwise become bowel cancers) and taking tissue samples (biopsies) for examination under a microscope by a pathologist.

RISKS: Flexible sigmoidoscopy is very safe, but as with all medical procedures there is some risk. Sedative drugs can cause heart or lung complications. Very rarely the procedure can make a hole in the bowel – this is called a perforation. The risk of bowel perforation is thought to be about 1 in 2,500. If these complications occur transfusion or surgery may be required. Extremely rarely these complications can be fatal. Minor complications include abdominal pain, dehydration, or discomfort at the site of injection of sedative drugs.

COSTS: We do not charge a gap for endoscopy services. The only cost from your procedure should be the excess upon making a claim on your private health insurance. This can vary depending on the insurer and the policy - we suggest you confirm this with them prior to your procedure. The Medicare item number for colonoscopy is 32090. If a gastroscopy is to be performed at the same time this item number is 30473. Pathology services (examination of polyps or biopsies) may also incur an out of pocket cost. If uninsured we can provide a cost estimate.

MEDICATION: Diabetics should discuss diabetic medication with their doctor. If taking oral iron, bran or fibre supplements cease these five days before examination. You may continue taking other medication/tablets unless directed. Even on the day of the procedure you may take essential medication at the usual time with a small volume of water.

PREPARATION: Fast (nothing to eat or drink) from 5 hours prior to the time you are told to attend for your procedure. This is often simplified to fasting from:

Morning Procedure- Fast from midnight the night before for a morning procedure.

Afternoon Procedure- Fast from 8.00am the morning of your procedure for an afternoon procedure.

For a successful procedure it is important that the lower part of your colon is thoroughly emptied.
You will be given an enema prior to the procedure.

PROCEDURE DETAILS: You will see the anesthetist before your procedure.

Place: Warringal Private Hospital – Admissions
216 Burgundy Street, Heidelberg. 3084

Date: _____

Time: Warringal will confirm your admission time on the previous working day

FOLLOWING YOUR PROCEDURE: Do not drive, operate machinery, or perform skilled tasks until the following day, as sedative drugs may affect your concentration or co-ordination. You will be ready for discharge about one hour after the procedure – up to 3 hours after arrival. Please arrange to have someone drive you home. It is best not to be alone on the day of the test. Your doctor will indicate recommended follow-up in the procedure report.

If you have any queries please ring our Heidelberg rooms on 9459 9522 opt.3