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PATIENT INFORMATION: SIGMOIDOSCOPY

INDICATIONS: Most procedures are for diagnostic purposes and may include taking biopsies (small samples of tissue) for examination 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. Endoscopic risks include bleeding or injury to the bowel wall causing a perforation. The risk of perforation at flexible sigmoidoscopy is less than 1 in 2,500. These complications may require transfusion or surgery, and extremely rarely these complications can be fatal. Minor complications include abdominal pain, or discomfort at the site of injection of sedative drugs. If polyps are found at sigmoidoscopy a full colonoscopy may be required at a later date.

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 - we suggest you confirm this with them prior to your procedure. Pathology services (examination of polyps or biopsy) may also incur an out-of-pocket cost. If uninsured we can provide a cost estimate.

LOCATION & TIME: We perform endoscopy at Warringal Day Surgery, Victorian Day Procedure Unit, and Epworth Eastern. The facility will contact you on the business day prior to your procedure to advise your admission time.

PRIOR TO YOUR PROCEDURE

MEDICATION: If you take **medication for diabetes** (injections, tablets, insulin, etc.) or **blood thinning medication** (anticoagulant or antiplatelet) **please discuss these with us in advance** otherwise your procedure may need to be cancelled on the day for safety reasons. You may continue to take other medication/tablets (including aspirin) unless directed. Even on the day of the procedure you may take allowed medication at the usual time with a small volume (sips only) of water.

ONE WEEK PRIOR: Arrange for someone to collect you and drive you home after your procedure.

ON THE DAY: Please follow the below instructions, otherwise your procedure may be delayed or cancelled for safety reasons. You will meet your anaesthetist before the procedure

For a **MORNING PROCEDURE** you must fast (have nothing to eat, and nothing more than sips of water only to drink) from midnight. Tablets, if allowed and required, may be taken with sips of water.

For an **AFTERNOON PROCEDURE** you must have nothing to eat after 8AM. From 8AM until 3 hours prior to your admission time you may only drink clear fluids (specifically: water, black tea or coffee, cordial, clear juice, or clear sports drinks). From 3 hours prior to your admission time you must not eat or drink anything. Medication, if allowed and required, may be taken with sips of water.

FOLLOWING YOUR PROCEDURE

Do not drive, operate machinery, or perform skilled tasks for 24 hours, as sedative drugs may affect your concentration or co-ordination. You will be ready for discharge about two hours after the procedure – usually less than 4 hours after arrival. Please arrange to have someone drive you home. It is best not to be alone on the day of the test. You will be given a copy of the procedure report, and your doctor will indicate recommended follow-up in the report.

IF YOU HAVE ANY QUERIES, PLEASE RING OUR ROOMS ON 9455 2188