

SIGMOIDOSCOPY

Your specialist has arranged for you to have a sigmoidoscopy. Please read this pamphlet carefully as it contains important information about your test.

How do I prepare for my sigmoidoscopy?

You should stop iron tablets/supplements, medicines that stop diarrhoea and anti-inflammatory medicines i.e. Diclofenac (Voltaren) and Ibuprofen (Brufen).

Please contact your specialist at least five days before the test if you are:

- Taking blood thinners/anticoagulants i.e. Warfarin, Clopidogrel (Plavix), Dabigatran (Pradaxa), Enoxaparin (Clexane), Ticagrelor (Brilinta)
- Taking Lithium medication
- Diabetic
- Pregnant
- Suffering with a heart, lung or bleeding condition including having a pacemaker, heart valve disease or replacement
- Suffering with kidney disease.

You can continue all other medication as usual including Aspirin, unless you are told not to by your specialist.

You should tell your specialist if you need to take antibiotics before dental treatment. If you do, you may also need to take antibiotics before having a colonoscopy.

Bowel preparation, food and drink information

Before having a sigmoidoscopy, you cannot eat for six hours prior to your admission. You cannot drink two hours prior. You will be given an enema as part of your admission process to clean your bowel to enable your specialist to see your bowel clearly.

After having the procedure

If you decide to have sedation, you **must** be taken home by a responsible friend or family member and be cared for that day and night, or have someone on hand in case of any problems.

If you've had sedation, after the procedure for at least 12 hours you must not:

- Drive a car or motorcycle (this is against the law)
- Operate machinery
- Make any important decisions or sign any legal contracts (the medicine used may temporarily reduce your understanding/impair judgment)
- Drink any alcohol or take sleeping tablets.

What are the possible complications?

There are some risks and complications related to having a sigmoidoscopy. Your specialist will explain these before you have the test.

This pamphlet is a general guideline and does not replace the information given to you verbally or written by your surgeon.

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