

Endoscopic Examination of the Large Intestine (Sigmoidoscopy)

A sigmoidoscopy is an endoscopic examination where a flexible, pinky-thick tube equipped with a TV camera is inserted into the rectum and the left side of the large intestine. The sigmoidoscopy examination can determine the cause of symptoms such as blood in the stool, pain, or bowel movement difficulties. However, the purpose is just as often to rule out disease—especially bowel cancer.

The sigmoidoscopy examination provides a precise image of the inside of the intestine and reveals why there is, for example, blood in the stool. It is also possible (and painless) to take tissue samples for microscopic analysis. The examination typically lasts 5–10 minutes and is completed by most patients without significant discomfort. This is also the case when performed at Kirurgen.dk in Charlottenlund. The use of painkillers/sedatives is therefore not necessary.

Preparation for Sigmoidoscopy

To achieve a good result from the sigmoidoscopy examination, it is important that the intestine is thoroughly cleansed.

Diet

Breakfast on the day before the sigmoidoscopy examination should only consist of tea and toasted bread. After this, consume only clear liquids such as juice, soda, apple juice, Faxe Kondi, Cola, tea, coffee, sparkling water, sorbet (water ice) without berries, bouillon, beer, or wine. No dairy products. No creamed or "thick" soups (such as tomato soup and asparagus soup). Drink plenty of fluids. Preferably sugar-containing.

On the day of the examination, you may only have a cup of tea/coffee for breakfast and water until the sigmoidoscopy examination is finished. After the sigmoidoscopy examination, you may eat and drink normally.

Cleansing

Two "Fleet ready-to-use" units of 133 ml each are used. These are dispensed at the pharmacy upon presentation of the requisition. On the evening before the examination at approximately 19:00 (7 PM), take the first Fleet. Three hours before the sigmoidoscopy examination, take the second Fleet. The procedure is as follows:

- Lie on your left side.
- Remove the red cap from the container.
- Squeeze the contents into the rectum. There is more in the container than necessary, so do not despair if it is not completely emptied.
- Hold it in for as long as possible. Most people can only hold it for a few minutes.
- Do not take any other laxatives.

Your Usual Medication

Usual medication may be taken with water.

After the Sigmoidoscopy Examination

After your sigmoidoscopy examination, Kirurgen.dk offers a cup of coffee and a piece of bread.

Is the Sigmoidoscopy Examination Dangerous?

Sigmoidoscopy is a safe examination. Complications occur extremely rarely. Kirurgen.dk would like to hear from you if, within the first few days after the sigmoidoscopy examination, you observe:

- Bleeding from the rectum
- Abdominal pain lasting more than 3 hours
- Chills and a fever above 38.2°C

Therefore, if pain or fever occurs within the first 8 days, you must be seen by a doctor, either at Kirurgen.dk, by an emergency doctor (vagtlæge), or at the emergency room (skadestuen).

Contact

If you have any other questions regarding the examination, please call Kirurgen.dk at tel. no. +45 39 64 01 25 during phone hours, Monday to Thursday from 9:00 to 12:00.

Or use email: mail@kirurgen.dk.