

Endoscopic Examination of the Colon (Sigmoidoscopy)

Sigmoidoscopy is an endoscopic examination where a flexible, finger-thick tube with a TV camera is inserted into the rectum and the left side of the colon. The sigmoidoscopy examination can determine the cause of, for example, blood in the stool, pain, or difficulty with defecation. However, its purpose is just as often to rule out illness — especially colon cancer.

The sigmoidoscopy 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 examination. The examination typically lasts 5-10 minutes and is performed in most individuals without significant discomfort. Painkillers or sedatives are therefore not necessary.

Preparation for sigmoidoscopy

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

Diet

On the day before the sigmoidoscopy examination you may eat normally until 2:00 PM. Thereafter only thin liquids such as cordial, soda, apple juice, Faxe Kondi, Cola, tea, coffee, sparkling water, sorbet (water ice) without berries, broth, beer, or wine. No dairy products. No creamed or "thick" soups (such as tomato soup and asparagus soup). Drink plenty of fluids. Preferably sugary.

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

Bowel preparation

Two ready-to-use Fleet enemas of 133 ml each are used.

Obtainable from the pharmacy upon presentation of the requisition. The evening before the examination, at approximately 7:00 PM, administer the first Fleet enema.

Three hours before the sigmoidoscopy, administer the second Fleet enema. The procedure is as follows:

- Lie on your left side.
- Remove the red cap from the container.
- Squeeze the contents into the intestine. There is more in the container than necessary, so do not worry 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

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

Is sigmoidoscopy dangerous?

Sigmoidoscopy is a safe examination. Complications are extremely rare.

Kirurgen.dk would like to hear from you if, within the next few days after the examination, you observe:

- bleeding from the rectum
- abdominal pain lasting more than 3 hours
- chills and fever above 38.2°C

If pain or fever occurs within the first 8 days, you should be seen by a doctor — either at Kirurgen.dk, an out-of-hours doctor, or at the emergency room.

Contact

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