

# What is a 'Flexible Sigmoidoscopy'?

Date of Procedure:

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Admission Time:

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- ☐ A/Professor William Tam
- ☐ Dr Asif Chinnaratha
- ☐ Dr Biju George
- ☐ Dr Paul Kuo
- ☐ Dr Derrick Tee
- ☐ Dr Sze (Sue) Yeap
- ☐ Dr Damian Harding
- ☐ Dr Yasmina Tashkent
- ☐ A/Professor Hamish Philpott
- ☐ Dr Kate Lynch
- ☐ Dr Seon Shin
  
- ☐ Calvary North Adelaide Hospital  
89 Strangways Terrace,  
North Adelaide 5006
- ☐ Calvary Adelaide Hospital  
120 Angas Street, Adelaide 5000
- ☐ Calvary Central Districts Hospital  
25-37 Jarvis Road,  
Elizabeth Vale 5112
- ☐ North Eastern Community Hospital  
580 Lower North East Road,  
Campbelltown 5074
- ☐ Glenelg Community Hospital  
5 Farrell Street,  
Glenelg South SA 5045
- ☐ Ashford Private Hospital  
55 Anzac Highway, Ashford 5035
- ☐ St Andrew's Hospital  
350 South Terrace,  
Adelaide SA 5000
- ☐ Stirling Hospital  
20 Milan Terrace,  
Stirling SA 5152
- ☐ Burnside Hospital  
120 Kensington Road,  
Toorak Gardens SA 5065

A flexible sigmoidoscopy is like a colonoscopy however it only allows the inspection of the lining of the rectum, anus, stopping at the lower part of the colon.

If your specialist sees an area that needs further evaluation, a biopsy may be taken to be analyzed even if they don't suspect cancer. If any polyps (wart-like growth) are found, your specialist may take a biopsy, remove them or organise a colonoscopy to further examine the entire colon.

## Preparation

Leading up to your procedure  
**do not eat or drink anything  
for at least 6 hours before.**

## Medications

Most medications can be continued as usual. Inform your specialist about what you're taking, particularly if you are a diabetic or taking blood thinners (anticoagulants) such as Warfarin, Aspirin, Plavix or Clopidogrel.

## Safety and Risks

Complications can occur with any interventional procedure such as:

- Bleeding from a biopsy or the polyp removal site.
- Damage to the wall of the bowel from a perforation.

These complications are rare, but it is important for you to recognise early signs such as severe abdominal pain, fevers and chills, or rectal bleeding.

## What can I expect on the day?

Upon your admission into hospital a small enema (a solution that is inserted into the rectum to clean the lower bowel) is given. A sedative will then be administered through a vein in the arm by the anaesthetist to make you more comfortable.

## After your procedure:

When you wake up after the procedure, as a safety precaution, it is important that you do not get out of bed until advised by the nursing staff to do so.

The doctor will only give you a brief outline of the results of your procedure on the day. Further details will be given at your follow-up.

You may experience some cramping pain or bloating because of the air entering the bowel during the procedure. This should go away when you pass wind, to facilitate this moving around helps.

## Discharge protocol:

You will **only** be discharged by the hospital to someone known to you.

- **No** taxi, Uber or public transport is to be taken on your own.
- **Do not** operate any heavy machinery or vehicle for 24 hours
- We advise you be in the company of a responsible adult post procedure, as you will be under the influence of an anaesthetic.

Please call our rooms on 08 8267 4092 should you wish to cancel or reschedule your procedure.

# GOT “PRIVATE HEALTH INSURANCE”?

It is highly advisable to contact your private health insurance (if you have one) to check if your procedure is covered. If your private health insurance does not cover for the procedure, please contact us on 8267 4092 immediately as there will be out of pocket costs.

The item code for your procedure is: Flexible Sigmoidoscopy 32087

## **AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE, PLEASE FILL UP HOSPITAL ADMISSION FORM**

Before you start, make sure you have your Medicare card/ private health insurance card /DVA card/ Pensioner card, GP contact details, email address, health history and medication list.

It takes between 30 to 45 minutes to complete all forms for your first online admission.

Following admissions will be shorter if you use the same email address to login.



Visit eAdmissions: [calvary.eadmissions.org.au](http://calvary.eadmissions.org.au)

For any technical support, contact the hospital directly:

Calvary Adelaide Hospital

Calvary North Adelaide Hospital

Calvary Central Districts Hospital

1800 798 226



Visit eAdmissions: [patientform.nech.com.au](http://patientform.nech.com.au)

For any technical support, contact the hospital directly:

North Eastern Community Hospital

8366 8111



Visit eAdmissions: [acha.eadmissions.org.au](http://acha.eadmissions.org.au)

For any technical support, contact the hospital directly:

Ashford Hospital

8375 5222



Visit eAdmissions: [patients.stand.org.au](http://patients.stand.org.au)

For any technical support, contact the hospital directly:

St Andrew's Hospital

8408 2504



Visit eAdmissions: [burnside.eadmissions.asn.au](http://burnside.eadmissions.asn.au)

For any technical support, contact the hospital directly:

Burnside Hospital

8202 7222



Visit eAdmissions: [app.personifycare.com/register/Stirling](http://app.personifycare.com/register/Stirling)

For any technical support, contact the hospital directly:

Stirling Hospital

8339 0200



Visit eAdmissions: [glenelg.personifycare.com](http://glenelg.personifycare.com)

For any technical support, contact the hospital directly:

Glenelg Community Hospital

8294 5555