What should I expect when I am sent home?
If sedated, you must be accompanied home by a responsible adult. **Following sedation you MUST NOT drive a car, work, operate machinery, sign legal documents, supervise children on your own or drink alcohol for 24 hours.** The sedation used will make you forget things. You may find your memory of the few hours immediately after your sigmoidoscopy to be impaired.

Please do not hesitate to ring this number if you have any difficulties.
The day unit can be contacted on 01 293 7586 between 07.00hrs – 17.00hrs.

If sedated, it is to be expected that you will feel drowsy following your sigmoidoscopy. You may experience some abdominal discomfort for 24 hours. If you have had biopsies taken, polyps removed or any procedure on haemorrhoids you may experience slight bleeding from the back passage.

**Should you experience any sudden onset of pain or sudden blood loss go to your closest Accident and Emergency Department.**

You may resume normal daily activities the day after your sigmoidoscopy.
What is Sigmoidoscopy?

Sigmoidoscopy is a procedure which allows your Doctor to look directly at the lining of your sigmoid colon (last part of the large bowel). The sigmoid colon refers to the anus (back passage), rectum, and sigmoid colon. Sigmoidoscopy is performed in the Endoscopy Unit.

Sigmoidoscopy does not require an anaesthetic but can be performed under sedation. You could experience some discomfort during the procedure, but will be made as comfortable as possible.

In order to perform the procedure your Doctor will insert a sigmoidoscope, which is a thin tube with a light at the end, into your bowel through the back passage. The sigmoidoscope lets your Doctor directly see the lining of the bowel and take pictures at various sites along the bowel.

How do I prepare for my procedure?

Day of Sigmoidoscopy:

Should I take my medications?

If you are scheduled to arrive at the hospital before 10am do not take your morning medications. If you are scheduled after 10am, you may take your normal medications. Your Doctor may have specific instructions for you instead of these general guidelines.

How do I get to Endoscopy?

On arrival at the hospital, you will be met at the central reception on the ground floor. The receptionist will take some information regarding your name, address, date of birth, and next of kin. A hospital chart will be prepared for you. The secretary will bring you to the Day Care Unit. The Day Care Unit is on the first floor. All patients for Endoscopy will be admitted to the Day Care Unit.

How long will I be in the hospital?

You will be staying in the hospital a minimum of 2-3 hours. You need to be medically stable and awake before you are sent home.

What happens before the Sigmoidoscopy?

You will be met by a nurse, who will escort you into a cubicle. Bring with you a list detailing any medications you are taking. Inform the staff of any medication or contact (e.g. Latex) allergies you may have. You will be asked information regarding your health history and medical conditions.

It is important to clear out your lower colon (bowel) for a clear picture of your bowel. The nurse will give you an enema before your procedure to accomplish this. An enema is a plastic tube attached to a small bottle with fluid in it. It is emptied into your back passage. It will stimulate a bowel motion shortly after given. You will be positioned close to toilet facilities.

Your Doctor will see you before the procedure to answer any questions you may have and to explain the procedure fully. You will be asked to sign a consent form. This is to ensure that you understand the procedure and its risks.

If sedated, you must have a responsible adult to bring you home. You will be asked to provide a contact number for this person. You are advised not to bring anything valuable or any large sum of money into hospital with you.

You will be given a hospital gown to wear for the procedure and must remove any jewellery or metal objects. Nail polish and make up must also be removed prior to the procedure. You must leave all valuables at home.

What happens during the Sigmoidoscopy?

In the endoscopy suite you will be positioned on the bed lying on your left side with your knees bent towards your chest. You will have a nurse present with you throughout the procedure.

Sigmoidoscopy can be completed with or without sedation. It is the Doctor’s decision to give sedation or not. If given, your Doctor will insert an intravenous (IV) cannula into your arm.