

## **Endoscopic examination of the lower part of the colon (Sigmoidoscopy)**

The examination is performed with a long flexible scope, through which instruments can be passed for, for example, taking tissue samples or removing polyps. To unfold the bowel, air is blown into the bowel, most of the air is sucked out at the end of the examination. The examination is performed to reveal whether there are changes in the intestine (inflammation, polyps or cancer). Sigmoidoscopy is examination of the lower 60 cm of the colon.

### **Preparation**

If you have a pacemaker or are receiving blood-thinning medication, it should be reported before the examination.

A Klyx 240 ml (enema) is collected at the pharmacy. 1-2 hours before the examination, the enema is taken. You lie down on the left side - empty the liquid from the bottle into the intestine, hold it for 5-15 minutes and go to the toilet and empty the intestine.

### **The examination**

At the examination, you are on the left side. During the examination, there may be discomfort from the air that is blown in the intestine, as well as pain due to drafts in the intestine. The examination lasts 10-15 min.

### **After the examination**

You will get the result of the survey immediately. If tissue samples have been taken or polyps removed, a response is available after 14 days.

### **Complications**

After taking tissue samples, a small amount of blood may appear in the stool for the first 24 hours. In very rare cases, after polyp removal, heavy bleeding or a hole in the intestine may occur, which will require hospitalization.

### **Seek medical attention**

Should bleeding, pain or fever occur after polyp removal, contact your clinic, emergency doctor or emergency room immediately.