

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

A sigmoidoscopy of the lower part of the colon can show changes in the colon such as polyps, diverticulosis, tumours or inflammatory conditions.

The procedure takes approx.. 2 minutes.

Please inform the doctor if you take blood thinners.

It is important that your colon is thoroughly cleansed prior to the exam. You need to follow these instructions:

### **Cleansing of the colon:**

When you scheduled your appointment, a prescription for Klyx® 240 ml was sent to the pharmacy. The pharmacy will provide you this without any cost.

### **The day prior to the examination:**

1-2 hours before leaving home, you need to empty the lowest part of the colon with the enema (Klyx® 240 ml).

### **How to administer the enema:**

In order to obtain the best effect using Klyx®, you will need to lay on you left side, while you empty the tube with fluid in your rectum. You may want to place a towel beneath you. You will need to lay down on your side for 5 to 10 minutes in order to obtain the best effect of the enema. Afterwards, go to the toilet.

### **The examination:**

When you arrive to the clinic, please use the toilet before the examination, regardless of whether you feel the need or not.

The examination is performed with a long flexible tube with a camera inserted through the rectum, which may cause bloating and the urge to have bowel movements. you may experience pain, but this is brief and caused by the stretching of the bowel.

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**After the examination:**

You can expect to go back to your normal activities and work immediately after the examination.

**Result of the examination:**

Immediately after the examination, the doctor will inform you of the result. If tissue samples have been taken, you will receive the result approx. 1 week later, either during a visit to the clinic or by phone.

**Complications:**

If samples have been taken, minimal bleeding can appear on the stools during the next 24 hours.

In very rare cases, the exam can be complicated by perforation of the colon.

Should increasing pain, bleeding or fever should occur shortly after the examination, please contact us at the following telephone number: 33 11 44 48 or 1813

**Please note: If a patient fails to come to a consultation and does not cancel at least 24 hours before, the patient is obliged to pay a fee of 250 DKK for not showing up.**

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