

# Recto-/sigmoidoscopy



Important:

Please read the information in this leaflet carefully.  
Not having prepared properly may make it impossible to  
complete the examination.

## What is recto-/sigmoidoscopy?

Recto-/sigmoidoscopy is an examination of the colon and lower part of the large intestine by way of a flexible catheter which is inserted into the colon. The procedure can uncover any changes to the intestine, and small tumors or polyps on the mucous membrane can be removed.

## Preparations

You should drink plenty of liquids the day before the examination, and avoid eating whole-grain bread, flaxseed, fruit/berries containing small seeds and similar foodstuffs for **the last five days** before the examination.

You will receive an enema upon arrival at the gastric lab to make sure your lower intestine is completely empty so a clear picture can be obtained.

## Medications and other diseases

You must inform us of any medications you have a history of adverse reactions to, any heart conditions you may have - such as angina (angina pectoris), and any hemorrhological issues (such as bleeding easily). This may affect our choice of procedure.

### The following precautions are necessary for medications that affect bleeding duration:

- If you use **Albyl-E**, you may continue taking this up to the day of the examination unless told otherwise.
- If you use **Plavix, Brilique or Efiect**, please contact us prior to your appointment.
- If you use **Xarelto, Eliquis or Pradaxa** you should stop taking it two days prior to the examination.

- If you use **Marevan**, you should stop taking it three days before the examination. You must also have your INR level checked at our laboratory prior to the examination. You must then arrive minimum one hour before your appointed time and contact the reception desk at Medisinsk poliklinikk (our medical outpatient clinic) so that this can be arranged.
- If you have previously had surgery to have a mechanical heart valve inserted, you must contact us as soon as possible so that a change in medication from Marevan to Fragmin can be arranged.

## The examination

The procedure is normally completed in 15 to 30 minutes. You may experience uncomfortable gas pain during the examination.

## After the examination

The referring doctor will be notified of the results of the examination 1-2 weeks after the appointment. If tissue samples were taken, the referring doctor will be notified of the test results after 4-8 weeks.

You can request a written statement confirming that you have been to this examination. However, a sick leave form (sykemelding) will not be issued by our staff.

## Complications?

Complications after this procedure are rare. However, if tissue samples have been taken or a polyp has been removed, there will be a small wound in the mucous membrane. Bleeding is rare, but may happen as late as three to four days after the examination. The bleeding will normally stop by itself.

If damage to the intestine wall is suspected, please contact your local doctor (fastlege) or call the hospital reception desk (tel. 23 22 50 00) and ask for the physician on duty at the medical clinic (vakhavende lege, medisinsk klinikk).