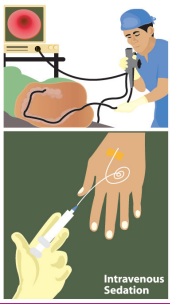
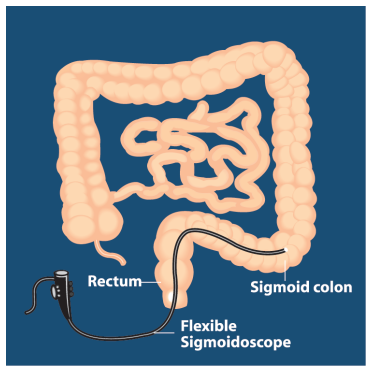
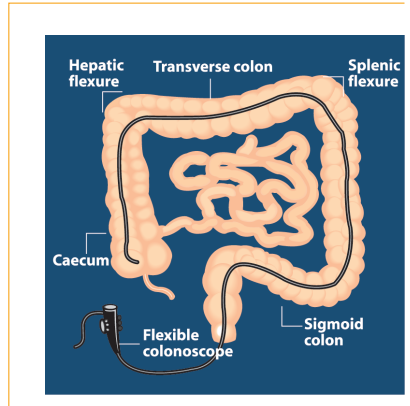


All about



colonoscopy & sigmoidoscopy



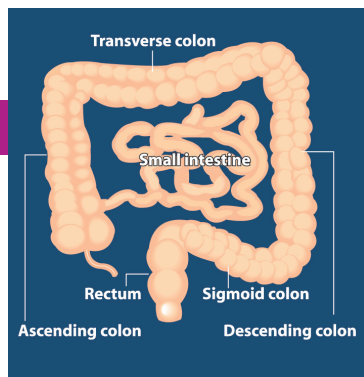
Colonoscopy & sigmoidoscopy



Changi
General Hospital
SingHealth

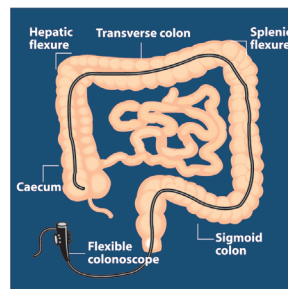
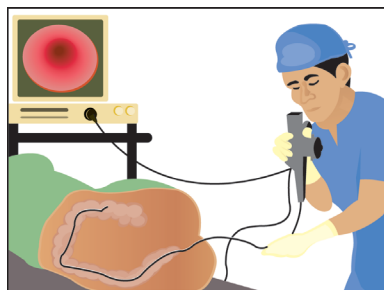
What is the colon?

The colon is the portion of the large intestine extending from the caecum to the rectum. It has 4 segments: the ascending colon, transverse colon, descending colon and sigmoid colon.

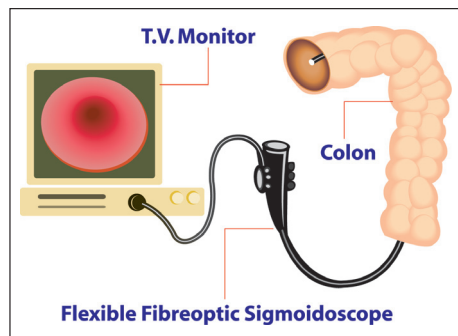


What is colonoscopy?

It is a means of visualising and examining the full lining of the colon and rectum using a long flexible tube-like instrument.



What is flexible sigmoidoscopy?



It is a means of visualising and examining a limited extent of the colon and rectum using a long flexible tube-like instrument. This study is performed for patients with an average risk of colorectal cancer.

Why

is there a need for a colonoscopy or sigmoidoscopy?

A colonoscopy or sigmoidoscopy is done to:

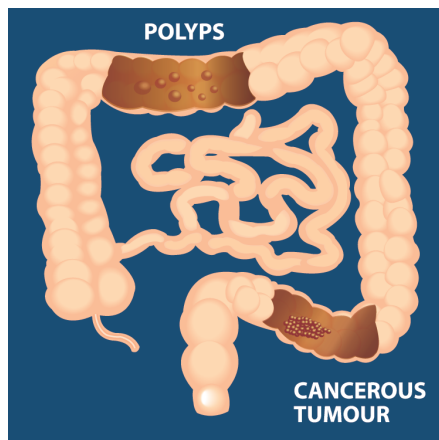
1. Diagnose colon and rectal problems
2. Perform biopsies
3. Remove colon polyps

Who

should have a colonoscopy or sigmoidoscopy?

Your doctor may recommend a colonoscopy or sigmoidoscopy examination for the following conditions:

1. A change in bowel habit or bleeding, indicating a possible problem in the colon or rectum.
2. Unexplained abdominal symptoms.
3. To check for inflammatory bowel disease, for example, Colitis.
4. Polyps or tumours detected during a barium enema examination.
5. Blood in stool/faeces.
6. Past history of colon polyps or tumours.
7. Colorectal cancer screening.



What

are the benefits of a colonoscopy or sigmoidoscopy?

A colonoscopy or sigmoidoscopy is more accurate than an x-ray examination of the colon in detecting polyps or early tumours. With a colonoscopy or sigmoidoscopy, it is possible to detect and remove most polyps without the need for an abdominal operation.

How

do I prepare for a colonoscopy?

Good bowel preparation before a colonoscopy is essential. This is to ensure that the colon can be examined thoroughly. Residual stool inside the colon will result in an incomplete examination.

Our nurse will advise you on how to prepare your bowels. You will be asked to drink the bowel preparation at a specific time. Once you start on the bowel preparation, please drink as much water as you want. You must complete the bowel preparation to ensure optimal result.

What

happens when I arrive at the endoscopy centre?

1. The doctor will explain the procedure to you.
2. Inform the doctor if you have any allergies.
3. Bring along all prescription and over-the-counter medicines you are presently taking. Please show them to the doctor.

What

will happen during my colonoscopy or sigmoidoscopy?

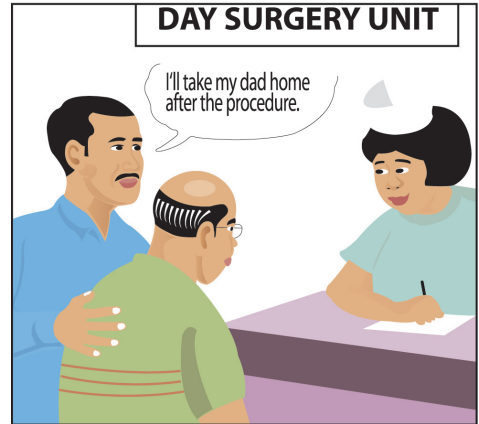
1. Prior to the procedure, your nurse will instruct you to put on a hospital gown.
2. The doctor will insert a cannula into your vein, either on your arm or on the back of your hand. You may receive antibiotics and sedation through this needle.
3. You will be asked to lie on your left side.
4. You will be given a sedative before the procedure.
5. When you are feeling sleepy, the doctor will insert a lubricated endoscope into the rectum.
6. As the doctor inserts the endoscope, air will be channelled into the colon to provide a better view of the colon. You may feel some pressure and cramping as the air enters the colon.
7. If a polyp is found, your doctor may take a biopsy or remove it.
8. The whole procedure lasts about 30 minutes.



What

will happen after my colonoscopy or sigmoidoscopy?

1. Your blood pressure and pulse will be monitored for about 30-45 minutes to detect any complications, such as bleeding.
2. You may be able to continue with your normal diet after you return home.
3. It is quite normal to experience some gas cramps caused by the introduction of air during the procedure. You may try taking a walk to help relieve the feeling of fullness or bloatedness.
4. You are advised not to drive for the next 24 hours after the procedure due to the effects of sedation. Arrangements should be made for an adult to send you home. If you come unaccompanied, your procedure will be rescheduled.
5. You may return to work the next day.



When

do I need to seek medical help?



Please seek medical treatment if you experience any of the following after the procedure:

1. Abdominal pain
2. Bleeding from the rectum

Knowing

the results of colonoscopy or sigmoidoscopy

Your doctor will tell you the results of your endoscopy before you are sent home. If a biopsy had been taken, your results will be known at your next appointment with your doctor.

What

are the risks?

As with any procedure, there are some risks involved. Some of these include:

- a. Bleeding and tearing (perforation) of the large intestines are very rare (about 1 in 1000 cases). Bleeding and tearing of the large intestines are more common if polyps are removed from the colon. Bleeding is usually minor and easily controlled. In rare cases, blood transfusions or emergency surgery may be needed.
- b. Risk from sedation.

Ask-a-CGH Nurse Internet Service

Changi General Hospital has an Ask-a-CGH Nurse Service on our Internet website.

This service is an additional avenue for you to ask questions about health-related concerns. The service is provided by our team of experienced nurses, in consultation with our medical specialists and paramedical staff. This service is not intended to substitute medical advice or consultation.

To use this service, go to our website at <http://www.cgh.com.sg> and click "Ask-a-CGH Nurse" to submit your question. You will hear from us within three working days.

Interactive Patient Guide

www.cgh.com.sg/ipg

CGH is pleased to introduce the Interactive Patient Guide (IPG) – Singapore's first online interactive health education system.

Developed by our team of clinical specialists, IPG provides an exciting multimedia alternative to health-related information.

IPG features a list of common medical conditions, treatments, procedures, post procedures and aftercare through videos and printable text.

The video clips allow you to see exactly how a procedure is carried out or details of a health condition. For greater convenience, print-friendly versions are also available so that you can print and read at your own pace.

With IPG on the Internet, you can explore it anytime you want, in the comfort of your own home and even share it with your family and friends.

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