
TOKYO MEDICAL AND SURGICAL CLINIC

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*The day of examination mm/ dd/ yy/ (:) AM / PM with Dr. Seez / Fujii

SIGMOIDOSCOPY

WHAT DOES IT MEAN

It is the examination of the lower part of your large bowel with a small camera (flexible endoscope) that is placed through the anus. It allows inspection of the lining of the rectum and sigmoid colon by direct view via glass fibers. When deemed necessary, also some tissue samples can be taken (biopsy) from diseased tissue through the endoscope. Photos will be taken routinely for documentation. The procedure is usually not painful but it may be a little uncomfortable.

ALLOWING TIME

The examination itself takes usually less than 15 minutes. Including preparation time, you should allow for about 90 minutes.

PREPARATION

You will be instructed not to eat or drink anything for TWO hours before the examination. You will undress and put on a hospital gown in the examination room. And you will be given a couple enemas in order to empty your bowels for a successful examination. To be effective, the fluid should be held in the colon for 10 minutes before being expelled. If you have difficulty controlling your bowel, you may go to the toilet earlier. The toilet, reserved for your use, is on the opposite side of the examining room. If your bowel is not clean of stool (faeces), you will be given more enemas until it becomes empty.

THE EXAMINATION

You lie down on your left side and bend your knees, breathe through your mouth rather than your nose to relax the rectum muscle by this process. The lubricated tip of the scope is inserted into your rectum and gradually inserted to the necessary length to make a thorough examination of your lower colon. Air is gently pumped through the scope to help viewing. As the scope is slowly removed, the lining of the bowel is carefully examined. You may feel pressure when the scope is placed in your rectum, the need to have a bowel movement, or some bloating or cramping caused by the air or by stretching of the bowel by the scope. The air is sucked out as the examination ends.

AFTER THE EXAMINATION

If a biopsy conducted, you might see a little blood on the stool, which should not last long. The result of biopsy will become available within 10 days to 2 weeks and your doctor will inform you as soon as he receives the result.
