

Information for patients undergoing left-sided colonoscopy (sigmoidoscopy)

Dear Patient

Please **read** these documents **immediately** after you receive them. Please complete the questionnaire and medication list and **sign the consent form**, preferably **the day before** the examination. If you have any questions, please do not hesitate to contact us.

You are scheduled for a left-sided colonoscopy (sigmoidoscopy). This package includes the following:

- Information sheet
- Questionnaire and consent form
- List of medications

The information sheet contains details about the examination procedure, its objectives and risks. Please read this sheet carefully.

If you have further questions about the necessity and urgency, or any risks posed by the examination, please contact your GP or us.

If you are taking **blood-thinning medication** (e.g. Marcoumar, Sintrom, Xarelto, Eliquis, Lixiana, etc.) or **platelet-inhibiting medication** (e.g. Brilique, Plavix, Clopidogrel, Efient, etc.), please discuss the possible discontinuation of the medication with your GP at least 1 week before the examination.

If you have **obstructive sleep apnea syndrome (OSAS)** and wear a CPAP mask to sleep, please bring your CPAP device and mask with you on the day of the examination.

If you regularly take **asthma medication**, please inhale as usual on the day of the examination and bring the medication with you to the examination.

Please bring all documents, completed in full, with you to your examination appointment.
The questionnaire and consent form will be kept in your medical file at our practice.



Dr. med. Darina Spinnler
Specialist in Gastroenterology and
General internal medicine FMH



Dr. med. Christina Raichle
Specialist in Gastroenterology and
General internal medicine FMH

Information sheet – left-sided colonoscopy (sigmoidoscopy)

Why is a left-sided colonoscopy performed?

A left-sided colonoscopy allows the left side of the colon, the rectum, and the anus to be examined. This enables diseases of these organs to be detected, treated in some cases, or monitored.

How is a left-sided colonoscopy performed?

We usually perform this examination without sedatives. However, if you would like a sedative, we can administer a sleep and sedative medication (propofol) through an intravenous cannula in your arm. A thin, flexible “tube” with a light source and camera attached to the tip is then inserted through the anus into the cleaned end of the colon. By closely examining the mucous membrane, pathological changes can be detected. If necessary, tissue samples can be taken or polyps (usually benign growths on the mucous membrane, which can however develop into malignant tumors over several years) can be removed. The examination takes about 30 minutes. In addition to the doctor, a specially trained nurse is also present during the examination.

Is a left-sided colonoscopy painful?

Under normal conditions, the examination and any necessary additional procedures, such as polyp removal, do not cause any pain. If the examination takes a long time, flatulence may occur, but this usually improves quickly after the examination.

What preparations are necessary for a left-sided colonoscopy?

Unlike a colonoscopy, a sigmoidoscopy does not require you to take a laxative. The left side of the intestine can usually be adequately cleansed by administering small enemas via the anus. You will receive these enemas at our practice approximately 30 minutes before the examination. If you are taking blood-thinning medication or are diabetic, please discuss with your family doctor at least one week before the examination whether you should pause this medication before the sigmoidoscopy. Please do not hesitate to contact us, if you have any questions.

What are the risks associated with a left-sided colonoscopy?

Left-sided colonoscopy itself, as well as the removal of tissue samples and polyps, are low-risk procedures. Despite the utmost care, complications such as bleeding (0.5–3%) or injury to the intestinal wall, including perforation (0.3–0.5%), can occur in rare cases. Most complications can be treated directly during the examination (e.g., bleeding, minor perforations); in rare cases, surgery is necessary (major perforation). Delayed bleeding may also occur, especially within the first week after polyp removal, which requires immediate medical attention. The administration of sedatives can in very rare cases impair respiratory and cardiac function.

What should I do after the examination?

If a sedative (propofol) has been administered, you must not drive a vehicle or operate machinery for 12 hours, and you should not sign any legally binding documents.

After the examination, you may experience a slight feeling of pressure in your abdomen for a few hours due to increased air in the intestine. If this increases or if you experience new abdominal pain, fever, or signs of bleeding (blood from the anus) after the left-sided colonoscopy, please inform your doctor immediately or go to the emergency department of your nearest hospital.

Questionnaire and consent form for left-sided colonoscopy (sigmoidoscopy)

By carefully following the preparation instructions and completing the questionnaire and medication list in full, you can help to minimize the risk of complications. Thank you in advance.

Surname, name: _____ Date of birth: _____

Questions	Yes	No
Do you have an increased tendency to bleed (e.g. severe nose or gum bleeding, prolonged bleeding after minor injuries, severe bleeding during operations or dental treatment)?		
Are you taking anticoagulant medication (e.g. Marcoumar, Xarelto, Eliquis, Lixiana, Pradaxa, etc.) or platelet inhibitor medication (e.g. Plavix, Clopidogrel, Blilique, Fragmin, Clexane, etc.)? If so, which ones? _____		
Do you have any allergies to medication, food, latex or adhesive tape? If so, which ones? _____		
Do you suffer from serious heart or lung condition? If so, which ones? _____		
Do you have a pacemaker, defibrillator or metal implant?		
Do you have a history of epilepsy?		
Are you diabetic?		
Have you been diagnosed with malfunctioning kidneys (renal failure)?		
Have you been diagnosed with glaucoma?		
Do you have loose teeth, dentures or dental disease?		
For women: Are you pregnant or likely to be pregnant?		

I, the person signing, have read the information sheet and completed this questionnaire to the best of my knowledge. I have been informed about and understand the diagnosis, nature, procedure and risks of the examination or intervention. My questions have been answered to my satisfaction. I consent to this examination being carried out.

Place / Date

Signature of patient
(or legal representative)

Signature of doctor

Current list of medications

Surname, name: _____ Date of birth: _____

Medication	Dosage