

PATIENT INSTRUCTIONS - FOLLOWING SIGMOIDOSCOPY/ PROCTOSCOPY



These instructions should be used as a guide. If you have any unusual problems contact your doctor. If you are concerned about your condition and cannot reach your doctor at his/her office, go to your nearest Emergency Department.

ACTIVITY

There is no restriction. You may resume your usual activity.

DIET

You may resume your usual diet.

ABDOMINAL CRAMPING/PAIN

During the procedure a small amount of air may have been pumped into your lower bowel. You may experience abdominal cramping until the air is expelled. If you experience severe abdominal pain you must contact your doctor.

BLEEDING

If the doctor removed any tissue during the procedure, you may have a small amount of bright red bleeding for a short time following. If this bleeding increases in amount or you pass any clots, you must contact your doctor immediately or go to the nearest Emergency Department.

FOLLOW UP

Call your doctor's office to make a follow up appointment.