PATIENT INSTRUCTIONS FOLLOWING SIGMOIDOSCOPY/ PROTOSCOPY



Thunder Bay, ON Canada P7B 6V4 Telephone: 807-684-6000 www.tbrhsc.net

980 Oliver Road

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 you doctor's office to make a follow up appointment.



At Thunder Bay Regional Health Sciences Centre, patients are first. As leaders in Patient and Family Centred care, we partner with patients and their families every step of the way to treat the person instead of the disease or injury.

As an academic health sciences centre, we teach the next generation of healthcare providers and advance medical research. Patients benefit from a team approach to care, and the chance to take part in clinical trials.

Your donation to the Health Sciences Foundation advances care in all areas.

For information or to provide your input, please visit www.tbrhsc.net or contact 807-684-6000.