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## After a Flexible Sigmoidoscopy

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### At home:

**If you have sedation:**

- ✘ Do not drive, operate machinery, drink wine, beer or alcohol or make major decisions for 24 hours.

- Follow your normal diet unless the nurse gives you other instructions.
- It is important to pass gas. Move around to help pass gas.
- You can go back to work and your normal activities the next day.

### If you had polyps removed:

- ✘ Do not have any laxatives or enemas for at least 2 days after the procedure.
- ✘ Do not do any heavy activities for the rest of the day. This means you should not do things such as lift grocery bags, vacuum, rake leaves or shovel snow.

### If you had a biopsy done or polyps removed:

- You will need to make an appointment to see your doctor. The results can take 10 days or more to come back.

### Contact your doctor if you have any new or severe problems such as:

- increased bleeding or bleeding that does not stop
- increased abdominal pain
- fever

 Call your doctor's office on \_\_\_\_\_ or sooner if you need to.

Doctor's name: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Other instructions:

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Your doctor may use these pictures to show you what he or she saw:

