

ABOUT YOUR SIGMOIDOSCOPY

Dear Patient:

Your physician has referred you for a sigmoidoscopy. The purpose of this letter is to familiarize you with the nature of the exam, its benefits and its risks. What follows is absolutely essential for you to know, so please read this carefully. We consider your understanding of this material to be so important that we will ask you to sign this letter acknowledging you have read and understood this information. If you have any questions please contact us by phone (970-573-7555) before the procedure so we can discuss your concerns with you.

Why you should have a sigmoidoscopy: A sigmoidoscopy is an examination of the lower portion of the colon (large intestine) using a long, thin, flexible tube with a camera on the tip called a colonoscope. The procedure is done for a number of different purposes, such as evaluation of colitis, diarrhea, rectal bleeding, or for follow-up of a polyp.

The procedure: The actual examination usually takes between 10 and 15 minutes. You will be positioned comfortably on your left side in a bed. The setting is calm and private.

If you do not receive sedation, you may experience some mild lower abdominal cramping. You can be discharged immediately after your procedure and can drive yourself home.

If your doctor has recommended sedation, an IV will be started prior to your procedure in order to give the necessary medications. Heart and lung function monitors are used to enhance safety. Because of the medications, you will probably remember little or none of the procedure. It is unlikely that you will find the examination to be unpleasant. After the procedure, it will take you about half an hour to wake up enough to leave the endoscopy center. Most people are in and out of the endoscopy center in about two hours. Because of the sedation, you will need a ride home. You will not be able to drive for at least 12 hours. You will probably be able to resume most of your normal activities about six hours after the procedure.

If polyps are removed, there is a small risk of bleeding for up to two weeks afterwards. For this reason, you should only have the procedure done if you will be within easy reach of an emergency room for the next 14 days.

Examples of activities you need to avoid for two weeks after polyps are removed include travel in airplanes and backcountry recreation. It is fine to drive to areas with reasonable levels of emergency medical care.

Please contact us at 970-573-7555, if you would like to discuss any of this further. You will, of course, have an opportunity to speak to us immediately before the procedure.

Sincerely Yours,

Stephen R. Sears, MD Lewis R. Strong, MD Daniel A. Langer, MD Crystal M. North, DO Sean P. Caulfield, MD

By signing here, you certify that you have read and understood the information pertaining to the EGD (Upper Endoscopy). If you have questions, please do not sign this until we have answered them for you.

Signature _____ Date _____

Name _____ Date of Birth _____