

## ***Post-Sigmoidoscopy***

Subsequent to having a sigmoidoscopy, individual experience is quite variable.

However, in the far majority of cases, people have no ill affects. It is possible to have the following experiences.

**Symptoms more extreme or persistent than that noted require evaluation.**

**Contact with our office should be your first effort, if need be.**

**With more severe symptoms, re-evaluation at our office – or the emergency room – may be indicated.**

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1.) Abdominal cramping, gassiness: This should be limited in nature and should resolve over a short period of time.

Benefit can be noted with:

- Gentle message of the left side of the abdomen (downward pressure);
- The use of over-the-counter anti-gas medicine (generic: Simethicone; trade name: Mylicon);
- Short term, limited heat applications (10-15 minutes at a time; no more than 24 hours)

*However, if the discomfort is more significant or persistent beyond two hours, contact with our office is indicated.*

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2.) Bleeding: should be limited in amount and period of time after the sigmoidoscopy.

*Any significant bleeding requires contact with the office.*

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3.) General ill feeling or fatigue: “wiped out”

Any procedure, including something invasive like sigmoidoscopy (particularly in light of the impact of the prep), can effect people in such a way they feel weak, tired, or slightly ill. This should be very limited in nature, in terms of both severity and duration.

*More significant symptoms (lightheadedness, dizziness, nausea, headache, fever, or chills) requires contact with our office.*

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4.) Bowel movement abnormalities: with a return to a normal diet, stools should return to normal. However, after the prep and procedure, there is a natural transition back to normal stools. The absence of bowel movements beyond a 2-3 day period requires contact with this office.

Respect the impact of the prep and procedure by gradually returning to healthy food choices.

*Absence of or abnormalities of the stool beyond that described requires contact with the office.*

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