

Procedures/Diagnostic Tests (3 SWN)

Self care after: *Sigmoidoscopy*

Your procedure was performed by Dr: _____

Date:

- **Resume** your regular diet unless otherwise instructed by your doctor.
- **Resume** all previous medications unless otherwise instructed by your doctor. Your doctor will give you specific instructions if and when it is safe to resume anti-inflammatory medications or blood thinners.

If you received sedation during your procedure:

1. **Do not drive or operate any machinery for at least 24 hours after your procedure.** The sedatives may block your ability to concentrate or respond quickly, so this may be dangerous.
2. **Do not drink alcohol for 24 hours.** The combination of alcohol and sedation can affect your body in a way that can be dangerous to your health.
3. **Do not make important decisions, sign contracts or legal documents for 24 hours.** You may not think clearly because the sedatives slow your body and mind.
4. **REST!** You received sedatives during your procedure, and these may make you tired or dizzy.

After the procedure you may have any of the following:

- Small amount of rectal discomfort or bleeding
- Gas, bloating or cramping (DO NOT take Alka-Seltzer.)

Call your doctor IMMEDIATELY at the emergency numbers (below) if you have any of the following:

- Fever or chills
- Continued bleeding with bowel movements
- Severe abdominal pain
- Severe dizziness, weakness, or fast heart rate
- Shortness of breath
- Inability to eat
- Severe nausea and vomiting
- Any unusual pain or problem
- Pain or redness at the site where the intravenous needle was placed

In case of emergency

Call your doctor *IMMEDIATELY* through the NIH page operator at 301-496-1211. During office hours, call 301-451-0336 and ask to speak with the GI nurse.

If you have any questions about these instructions please call 301-451-0336 during office hours (6 a.m. to 6 p.m., Monday through Friday) and ask to speak with the GI nurse.

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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Questions about the Clinical Center?
<http://www.cc.nih.gov/comments.shtml>

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