Procedure WP: Flexible Sigmoidoscopy

Directions: Use the information in the outline below to write a procedure essay.

Title: ____________________________________________________________

I. Introduction
   A. Definition
      1. non-surgical procedure
      2. examination of rectum & lower sigmoid colon
   B. Background information
      1. purpose — diagnose problems, e.g.
         a. cancer of rectum or colon
         b. cause of rectal bleeding
         c. benign diseases of lower intestine
      2. instrument used = sigmoidoscope
         a. fiber-optic tube
            i. long
            ii. flexible
         b. light source attached
         c. camera attached
   C. Statistics
      1. successful procedure
      2. diagnoses > 50% of precancerous / cancerous growths in colorectal area
   D. Thesis statement

II. Preparation
   A. Empty lower bowel
      1. purpose
         a. give clear view
         b. allow thorough examination of lower intestinal walls
      2. method
         a. day before test—clear liquids only
         b. evening before test—oral laxative
            i. name = phospho-soda
            ii. fluid preparation
            iii. very effective
         c. morning of test—2 enemas: clear all blockage in bowels
   B. Precaution with medication
      1. do not take 1 week before procedure
         a. aspirin
         b. ibuprofen
         c. iron
      2. tell doctor about other medication
   C. Arrange for someone to drive him home (patient will be sedated)
III. Procedure (painless & 10-20 mins.)
A. Light sedative—IV line in arm
   1. relax patient
   2. keep patient conscious
B. Local anesthesia around anus
C. Lie on left side on examination table
D. Doctor inserts sigmoidoscope
   1. guided into rectum
   2. guided into colon
E. Sigmoidoscope guided into rectum & colon
F. Tube & lens give image of lower large intestine
G. Air blown into organs from sigmoidoscope
   1. inflate organs
   2. give physician better view
H. Tissue sample taken out
I. Specimen sent to pathology laboratory for tests

IV. Post-Procedure
A. Recovery room—2-3 hours
   1. check for complications, e.g.
      a. bleeding
      b. perforation of colon
   3. drink plenty fluids
   4. discuss results w/ doctor
B. Patient driven home
C. At home
   1. rest first day
   2. start work next day
   3. contact doctor if
      a. heavy rectal bleeding
      b. severe abdominal pain
      c. fever

V. Conclusion
A. Restatement of thesis
   1. non-surgical diagnostic procedure
   2. 3 stages
B. Main ideas
   1. preparation—empty lower bowels
   2. procedure—insertion of sigmoidoscope with fiber-optic camera
      a. help see organ lining
      b. help find abnormalities
   3. post-procedure care
      a. rest
      b. discuss result with physician