

Rigid Sigmoidoscopy

What Is A Rigid Sigmoidoscopy?

A rigid sigmoidoscopy is a medical procedure that allows your consultant to examine the lower part of your bowel, specifically the rectum. This is achieved using a short, rigid tube equipped with a light, known as a sigmoidoscope. The procedure is commonly performed to investigate symptoms such as:

- Rectal bleeding
- Persistent diarrhoea or constipation
- Unexplained abdominal pain

During the examination, your consultant can directly view the rectal lining and, if necessary, collect tissue samples (biopsies) for further analysis.

What Does The Test Involve?

The procedure is typically conducted in an outpatient setting and involves the following steps:

- **Positioning:** You will be asked to lie on your left side with your knees drawn up towards your chest
- **Insertion:** The consultant will gently insert the lubricated sigmoidoscope into your back passage (anus)
- **Air Insufflation:** A small amount of air is introduced into the bowel to expand it, providing a clearer view of the rectal lining
- **Examination:** The consultant examines the rectum and may take biopsies if needed

The entire procedure usually takes less than five minutes.

Do You Need Any Preparation Beforehand?

In most cases, no special preparation is required before a rigid sigmoidoscopy. However, some consultants

may recommend using a glycerine suppository shortly before the procedure to clear the rectum. It's essential to follow any specific instructions provided by your healthcare team.

Are There Any Risks Associated With The Procedure?

Rigid sigmoidoscopy is generally considered safe, but like all medical procedures, it carries some risks:

- **Discomfort:** You may experience a sensation of fullness or the urge to move your bowels during the procedure
- **Bleeding:** Minor bleeding can occur, especially if a biopsy is taken, but this is typically minimal and short-lived
- **Perforation:** Although extremely rare, there's a slight risk of creating a small tear in the rectal wall

If you experience severe pain, heavy bleeding, or signs of infection after the procedure, contact the hospital or your consultant promptly.

Why The Choose The Midlands Bowel Clinic?

- **Expertise:** Our consultants are highly experienced in performing rigid sigmoidoscopies and managing various bowel conditions
- **Patient-Centred Care:** We prioritise your comfort and ensure you are well-informed throughout the process
- **State-of-the-Art Facilities:** Our clinic is equipped with modern technology to provide accurate diagnoses and effective treatments

Contact Us

If you're experiencing symptoms such as rectal bleeding, persistent bowel habit changes, or unexplained abdominal discomfort, don't hesitate to reach out to us. Early evaluation can lead to timely diagnosis and treatment.