INFORMATION PROTOCOL AND REQUEST FOR CONSENT
RECTAL SIGMOIDOSCOPY - RECTOSCOPY

PREPARATION TO THE EXAM

Mr/Ms _______________________________________________________________________________

Is booked to come in on _______________________________ at __________________________

For a:

☐ RECTOSCOPY  ☐ RECTAL SIGMOIDOSCOPY

PREPARATION:

• FOR TWO DAYS EAT A DIET FREE OF VEGETABLES, FRUIT AND WHOLEMEAL FOOD.
• THE EVENING BEFORE THE TEST AND THE MORNING OF THE TEST HAVE A TWO-LITRE ENEMA TO CLEAR THE BOWEL
• THEN FAST

If patients require any further information or explanations, they can contact the Digestive Endoscopy Service (Servizio di Endoscopia Digestiva) on +39 02-2393 3045/3055, Email: endoscopia@ic-cittastudi.it

PLEASE READ CAREFULLY THE ATTACHED INFORMATION SHEET
INFORMATION SHEET and INFORMED CONSENT FORM

RECTOSCOPY/RECTAL SIGMOIDOSCOPY

An rectoscopy is a direct examination of the inside of the rectum and the anus by means of a telescope (known as endoscope). In a rectal sigmoidoscopy the telescope is inserted up to the sigmoid, the section of the large intestine leading to the rectum. An rectoscopy may be carried out with a rigid or flexible endoscope. A rectal sigmoidoscopy is carried out with a flexible endoscope.

The test takes between a few seconds and a few minutes and is painless but causes discomfort. The discomfort is caused by insertion of the telescope and the air introduced in order to gain a clear view. It does not require sedation.

The test requires a little active cooperation from the patient. Biopsies may be carried out during the procedure. Sometimes polypectomies may be carried out.

- WHAT BIOPSIES ARE FOR
Biopsies are samples of mucosa taken for examination under the microscope. Biopsies are taken for the diagnosis of a very wide range of diseases (therefore, it does not automatically mean that they are being taken to check for cancer).

- WHAT IS A POLYP
A polyp is a small growth of mucosa, which can range from few millimetres to a few centimetres in size. Not all polyps are the same and some can lead to the growth of tumours in time. Therefore, every time a polyp is found during an endoscopy, it is prudent to remove it, send it for histological testing and schedule regular examinations. When polyps are found, a second test is often required, a colonoscopy, during which the polypectomy will be carried out. Both biopsies and polypectomies can, in rare cases, be complicated by bleeding or perforations, which can be treated by endoscopy or surgery.

- PREPARATION FOR THE ENDOSCOPY
It is very important for the intestine to be very clean in order to allow the operator a clear view, otherwise the exam will have to be repeated. Therefore, the instructions given by the nursing staff and the attached guidelines must therefore be followed closely.

I, the undersigned, consent to a

☐ Rectoscopy  ☐ Rectal sigmoidoscopy

☐ I, the undersigned, consent to an endoscopic polypectomy

☐ I, the undersigned, do not consent to an endoscopic polypectomy

Date _____________________________

Patient’s signature____________________

Parent or guardian____________________

Doctor’s signature___________________