

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



ICCS

Istituto Clinico Città Studi

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 a **endoscopic polypectomy**

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

Date _____

Patient's signature _____

Parent or guardian _____

Doctor's signature _____

