

## Information for patients

# Examination of the rectum and anus including local treatment of haemorrhoids (proctoscopy)

### Why is a examination of the rectum carried out?

By examining the rectum, diseases of the anus, anal canal and lower rectum can be detected and partly treated. Tissue samples can be taken or specific treatments, especially for haemorrhoids, can be performed.

### What preparations are necessary for a examination of the rectum?

No special preparation is usually required for this examination. In the practice/hospital, enemas for emptying the rectum may be given before the examination.

### Ability to drive/ ability to work?

As a rule you will be given no sedation and or pain medication before the examination. If this is recommended by your doctor, please note that you will not be able to drive after receiving these drugs. After these medications have been administered you are not capable of signing any documents for the next 12 hours.

### What happens during an examination of the rectum?

A rigid proctoscope is usually used for the examination, which is inserted into the anus. For the treatment of haemorrhoids (dilated veins in the rectal/anal region), a so-called band ligation can be applied. Here, the vein that supplies the hemorrhoidal node with blood is sucked in and closed with a rubber band (ligature). The ligated vein/haemorrhoid falls off by itself after a few days. A second application is often necessary. An acutely occurring, very painful haemorrhoid (haemorrhoidal thrombosis) must in rare cases be opened with a small incision and the blood clot removed.

### What are the risks associated with the examination of the rectum?

The examination itself and the taking of tissue samples are low-risk. However, despite the greatest care being taken, complications can occur, which can be life-threatening in exceptional cases. Possible complications are transient anal pain after ligatures (8%) bleeding (3%) and local infections (< 1%). In exceptional cases, narrowing (stenosis) of the anal canal or temporary disturbances of continence may occur. Rarely, the administration of sleep medication can lead to the impairment of respiratory and cardiac function.

### What about after the examination?

After interventions of any kind, care should be taken to ensure soft bowel movements for the next few days. For the treatment of pain, the attending physician will prescribe a suitable painkiller. After an examination, slight bleeding (usually light red blood) may occur during a bowel movement. If this does not stop after a few days or if there is a noticeable amount of blood, inform your doctor immediately or go to a hospital emergency department.

### Questions about the examination?

If you have any further questions about the planned examination, please contact your GP. If you are still unclear, contact the specialist (gastroenterologist) who is carrying out your examination.

Label or scan code

## Medical questionnaire and declaration of consent

### Examination of the rectum and anus

Name, surname \_\_\_\_\_

Date of birth \_\_\_\_\_

	Yes	No
• Do you have heavy nosebleeds for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have „bruises“ (Haematomas) or small bleeds under the skin without obvious injuries?	<input type="checkbox"/>	<input type="checkbox"/>
• Have you had prolonged or heavy bleeding during or after surgery (e.g. tonsillectomy, appendectomy, birth)? Does anyone in your family (Parents, siblings, children, grandchildren, uncles, aunts) have a disease with increased bleeding tendency?	<input type="checkbox"/>	<input type="checkbox"/>
• Does anyone in your family (Parents, siblings, children, grandchildren, uncles, aunts) have a disease with increased bleeding tendency?	<input type="checkbox"/>	<input type="checkbox"/>
• Are you taking anticoagulants for blood thinning (e.g. Sintrom, Marcoumar, Xarelto) or have you been taking Aspirin, Alcacyl, Tiatral, Plavix, Clopidogrel, etc. or flu medication, pain killers or rheumatism medication in the last 7 days? If 'yes', what exactly? _____	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have an allergy/ hypersensitivity reaction (to medications, latex, local anaesthetics, sticking plasters)? If 'yes', which ones? _____	<input type="checkbox"/>	<input type="checkbox"/>
• Women: are you pregnant or is there a possibility that you could be pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

I have been informed by the doctor of the reason (Indication) for the examination of the rectum and anus including examination of the rectum and anus including local treatment of haemorrhoids (proctoscopy). My questions have been answered to my satisfaction.

	Yes	No
• I agree to having an examination of the rectum and anus including local treatment of haemorrhoids.	<input type="checkbox"/>	<input type="checkbox"/>
• I agree to a sedative and/or pain relief being administered during the examination and I know, that I will not be able to drive after receiving these drugs.	<input type="checkbox"/>	<input type="checkbox"/>

Place/date \_\_\_\_\_

Patient's signature \_\_\_\_\_

<sup>1)</sup> or legal representative

Doctor's signature \_\_\_\_\_