

Rectoscopy

Visual examination of
the rectum

A rectoscopy is a visual examination of the rectum with a view to determining the presence of abnormalities in this area.

The examination presents no risk. At Aleris you will always be examined by a specialist who is very experienced in performing examinations of this type. A specialist examination ensures that you receive a correct diagnosis of your symptoms and that the examination causes as little discomfort as possible.

Rectoscope

A rectoscope is an instrument which has a 20 cm long rigid plastic pipe and a light source. It is inserted into the rectum to allow the physician to examine the rectum. If there are abnormalities, a biopsy (sample of tissue) from the mucous membrane may be taken, using a small pincers. This causes no pain.

When do we perform a rectoscopy?

A rectoscopy is used to discover the cause of complaints, such as:

- Anal pain
- Faecal incontinence
- Stool evacuation difficulties

The examination can also identify:

- Haemorrhoids
- Rectal polyps
- Rectal mucosal prolapse
- Rectal inflammation
- Fistulae
- Colorectal cancer

Preliminary examination

A rectoscopy is an out-patient examination, performed with or without a preliminary examination.

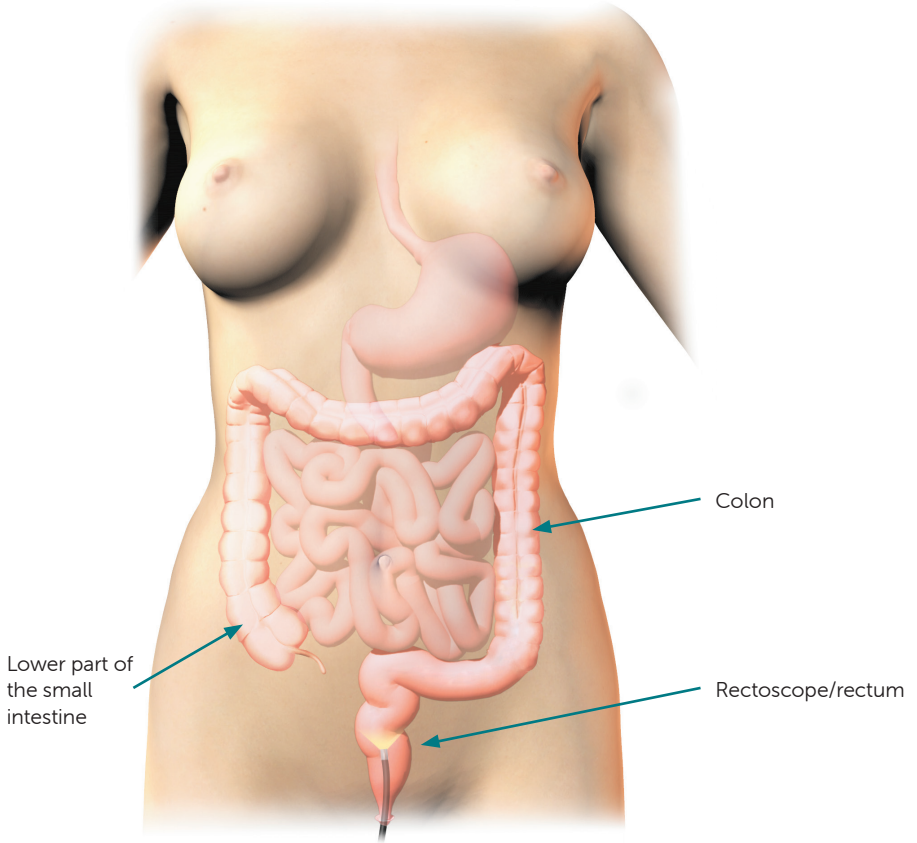
Preparation

Food and drink

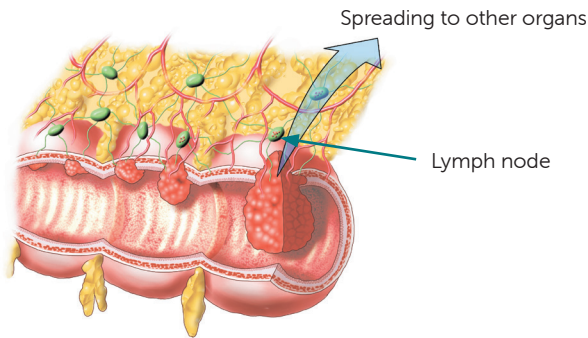
You may eat and drink normally before the examination.

Bowel cleansing

The rectum must be emptied before the examination. Purchase 120 ml of Klyx laxative at your local pharmacy. You must ingest the laxative 2 hours before the examination. Follow the instructions on the pack.



Proliferation of colorectal cancer



Colorectal cancers usually develop from a benign adenoma (or polyp), which is a precursor of cancer (stage 0). Stage 1 is an early stage of cancer. Without treatment, the cancer will spread until it reaches stage 4, where it will have spread to lymph nodes and/or other organs, such as the liver and lungs.

The examination

The examination is an out-patient procedure which takes only a few minutes to perform. It is not painful but may briefly cause some discomfort.

How is the examination performed?

You lie on your back with your legs in two stirrups. The specialist physician inserts the rectoscope into the rectum. A little puff of air is then pumped into the rectum to open the folds so that the mucous membrane can be examined systematically.

After the examination

The examination has no adverse effects and you can go home immediately after it.

Although the specialist physician will have released as much of the air as possible, air in the digestive tract may cause bloating.

Examination results

The specialist will talk to you about the results before you leave the hospital. You will later receive a description of the examination in the mail. If a biopsy was taken, the results will be available within 8–14 days.

Before you leave the hospital, you and the specialist decide how you will

receive the results of the biopsy and whether further appointments are necessary.

Potential side-effects and complications

The examination has no potential adverse effects or complications.

Patient satisfaction

To ensure that Aleris continues to provide the best care, treatment and service, please complete our patient satisfaction questionnaire, which you will receive in the mail (if you have given us permission to send one). Comments and criticism, whether positive or negative, are important to us as they ensure that we can continue to offer the best possible treatments for our patients.

There are stands in every unit, where we ask if you would recommend Aleris to others. To respond, touch the smiley you think is most appropriate.

Any complaints about your progress at Aleris we ask that you please forward directly to Aleris Directors, att. Medical officer, Aleris Gyngemose Parkvej 66, 2860 Søborg.

If you do not wish to complain to us directly, you have access to lodge a complaint via Patientombuddet's (the

National Agency for Patients' Rights and Complaints') website: www.patientombuddet.dk. The web site provides guidance and a complaints form (in Danish).

If you believe that a medical error has been made and you wish to claim compensation, you should contact Patientforsikringen (the Patient Insurance Association). The web site provides guidance and a complaints form (in Danish and English).



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