

Information for You from Your Health Care Team

Flexible Sigmoidoscopy Preparation

Your Flexible Sigmoidoscopy will be performed by: _____

Date and Time of Sigmoidoscopy: _____ Arrive at: _____

Your procedure will be done in the Endoscopy Suite at:

- Hill Medical Building Suite 206
- University Hospital, 750 E. Adams St.

What is a Flexible Sigmoidoscopy?

A Flexible Sigmoidoscopy is a procedure that enables your gastroenterologist to examine the lining of your rectum and lower colon. This procedure is often performed as part of routine cancer screening; as well as a diagnostic tool for evaluating the cause of various symptoms such as diarrhea, colitis, bleeding, or changes in bowel habits.

Preparation:

- In the morning, two hours prior to your arrival time for the procedure, you will begin to cleanse your bowel with a Fleets enema. A second Fleets enema will be completed one hour prior to your arrival time for the procedure.

To administer the enemas:

- Lie on your left side with your knees bent.
- Insert the tube into your rectum and squeeze the container gently until empty.
- Retain the fluid until you feel a strong urge to move your bowels, then do so.
- If you have any questions or you need to cancel or change your appointment: please call the University Gastroenterology Endoscopy suite at (315)464-1616.

Will I be Sedated for the Procedure?

This decision will be made by your physician.

Sedation

- You may eat solid food until six hours prior to your arrival time. **Date/Time:** _____
- You may drink clear liquids until two hours prior to your arrival time. **Date/Time:** _____
- Diabetics: Do not take oral diabetic medications the evening before or morning before procedures. Take 1/2 usual insulin dose the evening prior to test and none the morning of procedure.

No Sedation

- You may eat and drink until your arrival time. **Date/Time:** _____

What should I Expect During Flexible Sigmoidoscopy?

- Sign an informed consent
- Provide information concerning allergies, medications and medical and surgical history
- Vital signs will be monitored before, during and after procedure.

- During the procedure, the room is darkened and you will lie on your Left side.
- Any abnormalities found, will be sampled (biopsied) and sent to the laboratory for testing.
- Air is added to your colon during the procedure. This may cause cramping, bloating, pressure and gas.
- The procedure usually takes 10 to 15 minutes.

What happens after the Procedure?

- You may feel cramping or bloating. This should improve as you pass gas.
- Results and findings will be explained.
- If you have any questions regarding your preparation or procedure, please call University Gastroenterology at (315)464-1600 or University Gastroenterology Endoscopy Suite at (315)464-1616.

If you are receiving sedation during the examination, you must have someone accompany you home after you are discharged. If you come without someone, your test will not be done.

- Please contact your insurance company in advance to verify your benefits.
- Please bring Insurance cards, photo ID and co-payment to your appointment.
- Patients are responsible for their own parking fees.
- Please leave valuables (i.e., jewelry) at home.

Attention patients and family members: If your appointment is scheduled after 2pm it is our policy that your transportation provider remains in the waiting room until your procedure is complete.