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**On:** \_\_\_\_\_  
**Arrive:** \_\_\_\_\_ **am/pm**      **AT:** \_\_\_\_\_  
**For your** \_\_\_\_:\_\_\_\_ **test**

## **FLEXIBLE SIGMOIDOSCOPY**

### **WHAT IS FLEXIBLE SIGMOIDOSCOPY?**

A flexible, lighted tube that is about the thickness of a finger is inserted through the rectum into the first section of the large intestine (colon) and allows the physician to carefully examine the lining of this portion of the colon. A tiny sample of tissue (biopsy) can be taken for examination in the laboratory if indicated. Biopsies are taken for many reasons and do not necessarily imply cancer.

### **WHY IS FLEXIBLE SIGMOIDOSCOPY NECESSARY?**

Flexible Sigmoidoscopy is a valuable tool for the diagnosis and follow-up of many diseases of the large intestine. Abnormalities suspected by x-ray can be confirmed and studied in detail. It is useful for the diagnosis and follow-up of patients with inflammatory bowel disease and unexplained bleeding in the lower colon. The procedure can also be a valuable screening tool for the prevention of colon cancer.

### **WHAT PREPARATION IS REQUIRED?**

#### **THE EVENING BEFORE YOUR SCHEDULED PROCEDURE:**

Drink 10 ounces of Magnesium Citrate. Available over-the-counter at any drug store; no prescription necessary

You should have nothing to eat or drink the morning of the procedure. You are to administer two Fleets enemas. These are available in any drug store. Administer the first one 3 hours prior to the procedure and the second one 1 hour later.

### **WHAT SHOULD YOU EXPECT DURING THE PROCEDURE?**

After registering you will be escorted to the Endoscopy department. You will be asked to change into a patient gown. You will then be given a consent form to sign and a nurse will be available to discuss any questions or concerns. You will be lying comfortably on your left side for the examination, which will last approximately ten minutes.

A sedative is *sometimes* given through a vein, which will make you sleepy. *If a sedative is planned, you will be informed ahead of time in order to make arrangements for a companion to drive you home.*

### **WHAT HAPPENS AFTER FLEXIBLE SIGMOIDOSCOPY?**

If you received sedation, you will remain at the out-patient area until most of the effects of the sedation have worn off. In this case, you will not be allowed to drive for the rest of the day and cannot return to work until the following day. Even though you may feel awake and alert, your reflexes may not be normal.

You may feel bloated after the procedure because of air that was introduced while examining the colon. Passing flatus (gas) will provide relief and is encouraged.

If you did not receive sedation, you will be discharged home and will be able to resume your normal diet and activity unless you are instructed otherwise.