

## *Information for You from Your Health Care Team*

### Flexible Sigmoidoscopy Preparation

#### 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 (bowel). A lubricated, bendable, fiberoptic tube is gently inserted into the rectum and moved through the lower part of the colon.

#### Why is it Performed?

This procedure is often part of routine screening for cancer as well as evaluating the cause of symptoms such as diarrhea, bleeding, colitis, or change in bowel habits (stool form or color).

**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.

#### Preparation:

The rectum and lower colon must be completely emptied of stool for the procedure to be performed. Use **two Fleet enemas** in the morning before coming to your procedure. (If you have any kidney problems, please notify your physician. A different preparation may be ordered for you). You should have Nothing to Eat or Drink for 4 hours prior to the test.

#### Directions for administering fleet 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. Repeat for second enema.

#### What to Expect During Flexible Sigmoidoscopy?

You will need to:

- Sign an informed consent
- Remove your glasses
- Provide any information concerning allergies, medications and medical history
- Your 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.
- If any abnormalities are found, a tiny snip of tissue (biopsy) will be taken and sent to the laboratory for testing.
- You will be fully awake during the procedure.
- The procedure is usually well tolerated as there are few nerve endings inside the colon.
- Air is injected through the scope to distend the passage. This may cause some pressure, gassiness, bloating, or cramping.

- The procedure usually takes 5 to 15 minutes.
- If you experience any extreme discomfort during the procedure, tell your physician and the procedure will be terminated.

### **What happens after the Procedure?**

- You may experience some mild cramping or bloating. This should improve quickly with the passage of gas.
- You should be able to eat and resume normal activities after the completion of the test.
- Your physician will explain the results and any findings.
- If any polyps or abnormalities are found, your physician will usually request that you have a colonoscopy to exam the entire colon.

### **What Complications Can Occur?**

Complications are rare, but can occur. They include:

- Bleeding from the site of biopsy
- Perforation

### **When should I call my Gastroenterologist?**

Call immediately if you have:

- Severe abdominal pain
- Abdominal Distention
- Nausea
- Fever
- Chills
- Rectal Bleeding

Call during office hours if:

- You have questions about the procedure or its results
- You want to make another appointment

**If you have any questions or need to cancel or change your appointment, please call University Gastroenterology at (315) 464-1600 or University Gastroenterology Endoscopy Suite at (315) 464-1616.**