

FLEXIBLE SIGMOIDOSCOPY

Your procedure is scheduled for _____ and your arrival time is _____

If you need to reschedule or cancel your appointment or have any medical questions about the instructions, please call **(254) 553-6547**.

GENERAL INFORMATION:

On the date of the examination, you will be asked to sign a consent form authorizing the procedure. Please feel free to ask questions at any time.

During the sigmoidoscopy, you will lie on a table on your left side with your knees bent toward your chest. An examination of the rectum will be performed to apply lubrication. A flexible tube (sigmoidoscope) is passed into the rectum and the lower large bowel (colon). The lining of the rectum and colon will be examined to identify any abnormalities. A biopsy specimen (small piece of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed.

You may experience a mild to moderate sensation of wanting to defecate mild cramping or gas from the air that is introduced during the examination, or lower abdominal pressure as the scope is advanced through the lower colon. These sensations should be tolerable and not unbearable.

Following the procedure, the findings will be discussed, and you will receive written instructions to follow when you go home.

PREPARATION INSTRUCTIONS: For the procedure, your lower colon will be cleaned with two (2) Fleet Enemas. On the **MORNING** of the sigmoidoscopy:

1. If you live **LESS THAN** 45 minutes from Darnall, administer the **FIRST** Fleet Enema at home before leaving. **Check in at the KIOSK station in front of the Oral Surgery Clinic (2nd Floor of the Main Lobby. Then, proceed to ENDOSCOPY/ICU waiting area and have a seat until called.** Administer the **SECOND** Fleet Enema 15 minutes before the scheduled appointment time. Restrooms are available in the suite.
2. If you live **MORE THAN** 45 minutes from Darnall, please arrive about 45 minutes early. Administer the **FIRST** Fleet Enema after you check in and the **SECOND** Fleet Enema 15 minutes before the scheduled appointment time. Restrooms are available in the suite.

REMINDERS:

1. Prior to this procedure, you may have your **usual diet unless directed otherwise by the physician.**
2. Discuss any bleeding thinning medications, i.e. Coumadin or heparin, with your physician.
3. To administer a Fleet Enema:
 - a. Remove tip
 - b. Bend forward at the waist (45 degrees), and insert the tip of the enema into the rectum.
 - c. Squeeze solution into rectum. Some solution may be left in the bottle.
 - d. Hold solution for 2-5 minutes and then expel.