

Flexible Sigmoidoscopy

You have been scheduled for a flexible sigmoidoscopy (a test that is used to check the inner lining of your rectum and the lower part of your colon). A sigmoidoscope is a long, flexible tube that's about half an inch in diameter. It has a tiny light and camera on it. A doctor uses it to look at the lining of the rectum and the lower third of the colon.

You will be asked to lie on your left side, with your knees drawn up. Your doctor will insert the sigmoidoscope through the rectum and pass it into your colon. The doctor will use a small amount of air to expand the colon to see the colon walls.

You may have mild cramping during the procedure. To lessen the cramps, you can take several slow, deep breaths.

The doctor will slowly take the sigmoidoscope out while carefully examining the lining of your bowel.

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To Prepare for Your Flexible Sigmoidoscopy:

Purchase (2) Fleets enemas at the drug store. Follow the directions for use on the package.

- 1.) Use the first Fleets enema 1 ½ hours before your scheduled appointment time
- 2.) Use the second Fleets enema 1 hour before your scheduled appointment time.
These will be completed at the hospital.

There is no change in your diet **UNLESS** you are going to have sedation. You may eat and drink before the procedure if you are **NOT** having sedation.

If you wish to have sedation DO NOT EAT OR DRINK ANYTHING FOR 8 HOURS BEFORE THE PROCEDURE.

Your exam is scheduled for _____ Time of arrival _____