

Flexible Sigmoidoscopy

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You have been scheduled for a flexible sigmoidoscopy (a test used to check the inner lining of your rectum and lower part of your colon). A sigmoidoscope is a long, flexible tube that is 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, take several slow, deep breaths.

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

Flexible Sigmoidoscopy Instructions

Begin by purchasing two (2) Fleets® enemas at the drug store. Follow the directions for use on the package.

1. Use the first Fleets® enema one (1) hour 30 minutes before your scheduled appointment time.
2. Use the second Fleets® enema one (1) hour before your scheduled appointment time.

These will be completed at the hospital.

You do not need to change your diet **UNLESS** you are going to have sedation. You may eat and drink normally before the procedure if you are **NOT** having sedation.

If you wish to have sedation, **DO NOT eat or drink anything for eight (8) hours before your procedure.**

Your Test is Scheduled for _____ Time of Arrival _____