



## SIGMOIDOSCOPY INSTRUCTIONS

Flexible sigmoidoscopy enables the physician to look at the inside of the large intestine from the rectum through the last part of the colon, called the sigmoid or descending colon. Physicians may use the procedure to find the cause of diarrhea, abdominal pain, or constipation. They also use it to look for early signs of cancer in the descending colon and rectum. With flexible sigmoidoscopy, the physician can see bleeding, inflammation, abnormal growths, and ulcers in the descending colon and rectum. Flexible sigmoidoscopy is not sufficient to detect polyps or cancer in the ascending or transverse colon (two-thirds of the colon).

Flexible sigmoidoscopy takes 10 to 20 minutes. During the procedure, you might feel pressure and slight cramping in your lower abdomen. You will feel better afterward when the air leaves your colon.

### PREPARATION

**Five days before your procedure** - stop taking the following medications: Coumadin, aspirin, aggrenox, Plavix, Ticlid, Pletal, ibuprofen, and other non-steroidal arthritis medicines.

There are no dietary restrictions before having a flexible sigmoidoscopy. A light breakfast is recommended on the morning of the procedure.

FLEETS ENEMA – you can purchase this at any drug store. Please make sure that you purchase the regular enema – NOT the oil enema or the oral medication. You will need to purchase two enemas. Follow the instructions on the box for how to use the enema. Remember to take the protective cap off the insertion tip before trying to instill the enema solution into your rectum. Use the first enema two hours before your office visit and use the second enema at one hour before you come to the office.

You need to get here 15 - 20 minutes early so the nurse can get you ready. You will also need to sign a consent form that will be reviewed with you by your physician.

The procedure takes about 10 minutes. After your procedure is completed, the physician will discuss the results of the exam with you. Any plans for treatment, follow-up care, and return office visits will be done at that time.

If you have any questions about this procedure or any other GI problems, call 942-5123 and ask for the “GI Nurse”.