

Please follow these instructions for your morning exam:

1. You should have nothing to eat or drink after midnight.
  2. You may take your regular medication(s) with a sip of water unless otherwise directed by your doctor.
  3. Take two (2) saline Fleet enemas before coming for your appointment.
- 1 @ \_\_\_\_\_ am/pm
- 1 @ \_\_\_\_\_ am/pm

Please arrive at Harrington Hospital Outpatient Desk for:

DATE: \_\_\_\_\_

ARRIVAL TIME : \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

**\*THIS IS APPROX. & MAY CHANGE DUE TO HOSPITAL SCHEDUELING & EMERGENCIES. WOULD ANTICIPATE AT LEAST 3 HRS FROM ARRIVAL TIME TO DISCHARGE.\***

SENT TO SDS: \_\_\_\_\_

CONSENT: \_\_\_\_\_

H&P: \_\_\_\_\_ SENT: \_\_\_\_\_

REF#: \_\_\_\_\_ PA#: \_\_\_\_\_

PATIENT NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

## FLEXIBLE SIGMOIDOSCOPY

**ALL INSURANCE PLANS HAVE DIFFERENT BENEFITS, COVERAGE & DEDUCTIBLES. WE ADVISE YOU TO CONTACT YOUR INSURANCE COMPANY BEFORE YOUR SCHEDULED PROCEDURE TO BE ADVISED OF YOUR SPECIFIC BENEFITS AND ANY OUT OF POCKET EXPENSES.**

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## **What is a Flexible Sigmoidoscopy?**

Flexible sigmoidoscopy is the visual examination of the lining of the lower intestine (sigmoid colon) and rectum. The lower intestine is 5 – 6 feet long. In the procedure, only the latter part (1 – 2 feet) of the lower intestine is examined. The purpose of the exam is to identify any abnormalities by inserting a flexible fiber optic tube into the anus. The tube, which is about the thickness of your finger, is slowly passed into the rectum and colon.

The results obtained from sigmoidoscopy may help to explain the cause of symptoms such as rectal bleeding, pain or diarrhea.

## **How Do I Prepare for the Exam?**

The rectum and colon must be thoroughly clean in order for the exam to be accurate and complete. Usually, this consists of administering enemas the morning of the exam.

## **What Happens During a Flexible Sigmoidoscopy?**

While lying on your left side with your knees bent, the physician will perform a finger exam of the anus and rectum. The sigmoidoscope will be inserted, causing you to feel a mild sensation of wanting to move your bowels. As air is inflated into the bowels, you may experience slight cramping or gas. You may also feel lower abdominal pressure as the instrument is moved through the lower bowel. The exam usually takes between 5 – 15 minutes and generally does not require sedation.

A small tissue specimen (biopsy) may be taken from the lining of the colon for microscopic analysis. This will not cause any discomfort. If there is an abnormal growth (polyp), a sample of it may be taken and it may be removed at this time.

## **What Can I Expect After the Exam?**

You can expect to feel bloating and bowel distention for generally 30 – 50 minutes afterwards. This sensation will be relieved as gas is passed.

The doctor will discuss the findings of the exam and provide you with instructions to follow when you return home. Ask the doctor or nurse if you have any questions.

## **What Are Possible Complications of Flexible Sigmoidoscopy?**

Flexible sigmoidoscopy and biopsy are generally safe when performed by physicians who have been specially trained and are experienced in these endoscopic procedures. Possible complications after flexible sigmoidoscopy are rare but it is important for you to recognize early signs of any possible complication. Contact your physician if you notice any of the following symptoms: severe abdominal pain, fevers and chills, or rectal bleeding of more than one-half cup. It is important to note that rectal bleeding can occur even several days after the biopsy.