

FLEXIBLE SIGMOIDOSCOPY

After careful medical assessment, your doctor has recommended that you have a flexible sigmoidoscopy. During this procedure, a flexible fiber optic tube (sigmoidoscope) is passed through the rectum into the lower intestine (sigmoid colon). The doctor will examine the lining of the colon and identify any abnormalities. A biopsy specimen (tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed.

You will be asked to sign a consent form authorizing the doctor to perform the examination.

During the sigmoidoscopy procedure, you will lie on your left side with your knees bent or on a special table which can be adjusted so you will be lying in a knee-chest position.

The doctor will first examine your rectum with a gloved, lubricated finger. Then he/she will insert the lubricated sigmoidoscope which will give you a mild sensation of wanting to move your bowels. As the sigmoidoscope is carefully advanced through the rectum and sigmoid colon, the doctor will examine the intestinal lining for any abnormalities.

You may feel some mild cramping or gas from the air that is introduced during the procedure. You may notice some mild lower abdominal pressure as the scope is advanced through the lower bowel. These sensations should be completely tolerable and not painful.

Following the procedure, your doctor will discuss the findings with you. If you have any questions, please feel free to ask your doctor or the GI Nurse.

PREPARATION

- 1 **Purchase in advance** 2 Fleet Enema's (green and white box) over the counter at the pharmacy or any grocery store.
- 2 **1 HOUR BEFORE YOU LEAVE** to come for your appointment take 1 Fleet Enema rectally and hold the solution for 4-5 minutes before going to the bathroom.
- 3 **IMMEDIATELY** after going to the bathroom, you will take the 2nd Fleet Enema and hold the solution for 4-5 minutes before going to the bathroom.