



Flexible Sigmoidoscopy

Your physician has ordered an exam called a flexible sigmoidoscopy. The purpose of this exam is to view the rectum and the inside of the lower colon (large intestine.) This exam will help to evaluate lower abdominal pain, rectal bleeding and change in bowel habits. It is also used to look for colon polyps or colorectal cancer.

PREPARING FOR THE EXAM

The day before your exam:

- Eat and drink normally
- Take your medicine as usual
- Purchase two (2) packaged ready to use enemas (Fleet's®) from a pharmacy
- If you have had problems in the past with emptying your bowel, purchase and drink a 10 ounce bottle of magnesium citrate at 6 PM.
- Notify your physician if you have an ostomy as you will need special directions. Please bring ostomy supplies along with you.

The day of the exam:

- You may eat and drink normally before your exam if there is **NO SEDATION**
- **FASTING IS REQUIRED** if your exam will be with **SEDATION**
- Enemas are best taken at home or your hotel 60 to 90 minutes before your exam
- Follow instructions for giving enemas on product insert
- After first enema and bowel movement, repeat with the second enema
- Restrooms are available at the Hospital and/or Endoscopy Center
- Please leave jewelry at home. You will be required to remove it prior to procedure.

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM

DURING THE EXAM

You will be asked to change into a gown. Then you will be taken to an exam room. During your exam, a physician and an assistant will be with you.

During the exam, the physician will examine your rectum with a gloved finger. Then, a lubricated scope will be passed through your rectum into the first part of your colon. You may have a feeling of abdominal pressure or cramping as the scope is moved or as air is inserted.