



## PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

**Patient Name:** \_\_\_\_\_

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

### INSTRUCTIONS

1. Liquid Diet (see below) the day of the procedure.
2. Purchase two regular (NOT mineral oil) Fleet enemas at the drug store.
3. Take one enema two (2) hours prior to the exam. Hold it as long as you can (not more than five (5) minutes) before expelling. Take the second enema one (1) hour prior to the exam, following the same procedure. If travel time to the clinic is longer than one hour, the second enema may be taken at the clinic. In that case, arrive forty (40) minutes ahead of your appointment.

### LIQUID DIET

- \* Black coffee or tea (added sugar is okay)
- \* Bouillon or broth
- \* Soda
- \* Apple, grape, or cranberry juice
- \* Water
- \* Sports drinks such as Gatorade
- \* Hard candy such as LifeSavers
- \* Popsicles or Jello
- \* **Absolutely NO Red or Blue Jello!**

### NO ALCOHOL

Please note: Cancellation of your flexible sigmoidoscopy must be made at least forty-eight (48) hours in advance. Otherwise, there may be a \$50.00 charge.

### THE PROCEDURE

- Flexible sigmoidoscopy is performed with the patient lying on the left side.
- The flexible scope is passed rectally approximately 60 cm. (or 25 inches) into the colon. You may experience discomfort as the scope is passed around the various bends in the lower bowel, as if air is introduced into the bowel.
- A detailed exam is performed upon withdrawal of the scope. Your physician will be looking for diverticula (weakening or “out pouchings” of the colon wall), abnormal lining of the colon, colon polyps or hemorrhoids. If necessary a biopsy may be taken. This is done through the scope and is painless.
- The entire exam usually takes approximately five-ten (5-10) minutes. You may resume a normal diet immediately after the procedure unless your physician advises otherwise.