

Flexible Sigmoidoscopy

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Flexible sigmoidoscopy is an exam used to detect colon disease, including cancer.

Your health care provider will insert a thin, flexible tube with a tiny camera on the end into your rectum. By watching the video on a computer screen, your health care provider can see the lower $\frac{1}{3}$ of your colon (rectum, sigmoid colon and descending colon).

The exam takes about 15 minutes. You may be at the location for up to 2 hours.

What To Tell Your Health Care Provider

Before your exam, tell your health care provider if you:

- have allergies to any medicines
- take medicines. (Most medicines may be taken up to midnight the night before the exam. Some, such as blood thinners, may need to be stopped a few days before the exam. Your health care provider will talk with you about your medicine schedule.)
- have heart or lung problems
- have diabetes. (You may need special instructions.)
- are pregnant or think you may be pregnant
- have bleeding problems after surgery or dental work
- take warfarin (Jantoven[®]) or any blood thinner.

What You Will Need to Buy

- Buy 2 Fleet enemas and 1 package Dulcolax (bisacodyl) laxative tablets (5 mg).

At-home Preparation

You will need a preparation to clean out the lower part of your colon before the exam. Buy any supplies you need at your local pharmacy before starting the preparation. Follow the instructions carefully:

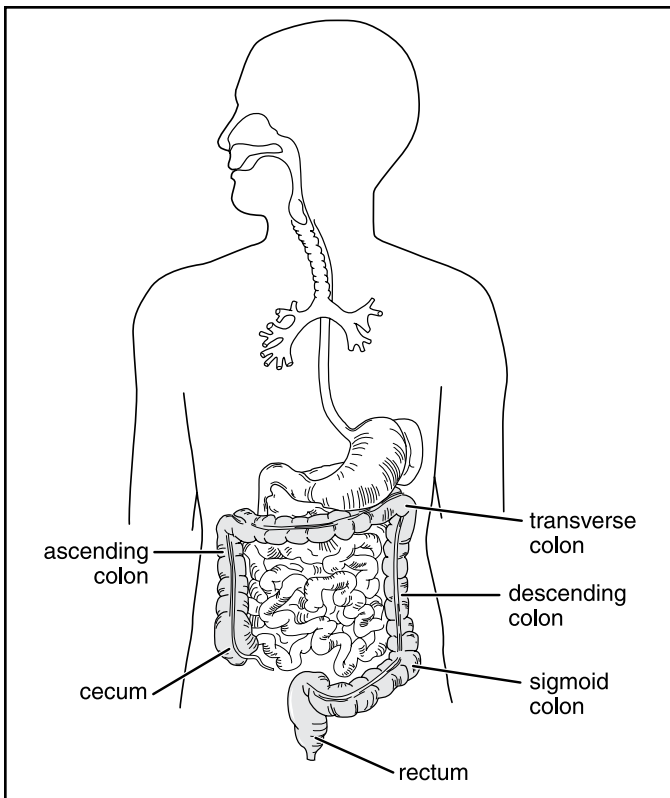
- Take 2 Dulcolax tablets at bedtime before procedure day.
- 1 $\frac{1}{2}$ hours before appointment take the first Fleet enema and hold for 15 minutes while you lay on your left side.
- 1 hour before appointment take the second Fleet enema and hold for 15 minutes while you lay on your left side.

This exam cannot be done if there is stool in your colon. If you feel you were not cleaned out from the enema, tell your nurse when you arrive for your appointment. You may need to have another enema at the clinic before your exam.

Before the Exam

- If your exam is before 12 p.m. (noon), do not eat or drink after midnight the night before the exam. If you do, the exam will be canceled.
- If your exam is after 12 p.m. (noon), do not eat or drink after 8 a.m. the day of your exam. If you do, the exam will be canceled.

(over)



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The flexible scope will be inserted through your rectum until it reaches your descending colon. Your sigmoid colon will also be viewed through the scope.

- Take your prescribed heart, blood pressure, asthma, anti-Parkinson's, steroid, seizure medicines as directed with a small sip of water, unless your health care provider gives you other instructions.
- Follow your preparation schedule.

During the Exam

- You will lie on your side on an exam table.
- The health care provider will gently insert the sigmoidoscope into your rectum.
- You may feel some cramping. Tell your health care provider if you become uncomfortable.

- Take slow, deep breaths to help you relax.
- The health care provider may want to take a small tissue sample of your colon using the sigmoidoscope. (This procedure is called a biopsy.) You should not feel any pain.

After the Exam

- Before you leave, the nurse will give you a list of home care directions. Follow the list carefully.
- If you are an outpatient, you may leave. If you are an inpatient, you will be taken to your room.
- If your health care provider took a tissue sample, it will be sent to the lab. You will receive follow-up information from your health care provider, if needed.
- Return to your normal diet and medicines. Follow any instructions your health care provider gave you.

When To Call Your Health Care Provider

Call your health care provider if you have any of the following after the exam:

- unusual abdominal or shoulder pain
- temperature higher than 99.5 F
- chills
- rectal bleeding.