

PATIENT INSTRUCTIONS / EDUCATION

Flexible Sigmoidoscopy

DIVISION OF GASTROENTEROLOGY

Medical Special Procedures
University Hospital, E-Yellow, Suite E-178
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Newark, New Jersey 07103

Tel: (973) 972-6077 or 972-5614

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Name _____

Doctor _____

Appointment _____ am/pm _____

Weekday _____ / _____ / _____ / _____ (m/d/y)

INSTRUCTIONS

PRE-ADMITTING

- Call Pre-Registration one week before your procedure to complete the pre-registration process. They are open Monday - Friday, 8 AM to 4 PM and the number is (973) 972-8320/8321/8322.

PREPARATION

- Please adhere to the following instructions so that your large bowel and rectum will be cleared of any stool.

Evening before examination:

- Have a liquid dinner such as clear soup, clear juice, or water.
- Try to drink 6-8 glasses of fluids.
- Take no liquid or food after 11:00 p.m.
- Drink one bottle of magnesium citrate at 7:00 p.m.

Before bedtime

- Take one Fleet enema. Lying on your left side with a pillow under your hips, insert the tip of the Fleet enema in the rectum and gently squeeze the contents into the rectum. Wait 3-5 minutes, then roll onto your back. After 3-5 minutes roll on your right side. Wait until you cannot hold the enema anymore, and go to the bathroom.

Day of examination

- Take the second Fleet enema at 6:00 a.m. and follow the same procedure as described above.

MEDICATION

- Take all of your prescription medications, except Diabetes medication, unless the physician has instructed you otherwise.

ARRIVAL TIME

- Arrive 30 minutes **BEFORE** your scheduled time at **Medical Special Procedures, Suite E-178, University Hospital**. If you have any problems in keeping this appointment, please call **(973) 972-6077 or 972-5614**.

PATIENT EDUCATION

Flexible Sigmoidoscopy

Background

Your doctor has referred you for a flexible sigmoidoscopy. A flexible sigmoidoscopy is an extremely safe method for evaluating the rectum and the lower part of the large bowel for the presence of growths or other problems, especially cancer. Colon cancer is extremely common in Americans. The American Cancer Society recommends flexible sigmoidoscopy as a method of screening for colon cancer every 3-5 years in individuals over the age of 45. The flexible sigmoidoscope is a flexible tubular instrument which allows the physician to visualize the lining of the colon to take specimens (biopsy), if necessary.

How the examination is performed: You will be placed in a comfortable position on your left side, and the physician will then insert the sigmoidoscope into your rectum, using small amount of air to allow optimal visualization of the lining of the bowel. If abnormalities such as polyps are seen, biopsies will be taken using a special pair of forceps (tweezers). These samples will be sent to the pathology laboratory for evaluation. Biopsies are painless but they may cause a small amount of blood to be seen in the stool over the next few days. **If you have any difficulty with abnormal bleeding in the past, please let the physician know.** You may experience some abdominal cramping or the sensation of having to move your bowels during the procedure and this is entirely normal. In most cases, the procedure is painless and you will not require any pain medication. **However if you do experience a great deal of discomfort during the procedure, please inform the physician.** Typically, a flexible sigmoidoscopy takes 15-20 minutes to complete. At the end of the procedure, the results will be explained to you and a report will be sent to your own physician.

Risks

Flexible sigmoidoscopy is extremely safe and has been performed for many years. There is a very small risk of perforating the bowel (poking a hole in the intestine), although this occurs less than once for every 10,000 sigmoidoscopies performed. Other risks include bleeding when a biopsy is performed and rarely, infection.