



Frederick Gastroenterology Associates

FREDERICK GASTROENTEROLOGY ASSOCIATES

FLEXIBLE SIGMOIDOSCOPY

PREPARATION FOR THE PROCEDURE:

You may have nothing to eat or drink after midnight the night before the procedure with the exception of clear liquids up until 4 hours before reporting for your procedure.

PLEASE CONTACT THE OFFICE (301-695-6800) FOR SPECIFIC INSTRUCTIONS REGARDING ASPIRIN, IRON, DIABETES MEDICATIONS AND OTHER BLOOD THINNER MEDICATION BEFORE YOUR PROCEDURE.

You may take all other regular medications as directed.

IF YOU ARE NOT HAVING SEDATION, there are no dietary restrictions.

DAY BEFORE: You will need to take 2-3 Dulcolax tablets between the hours of 4:00 p.m. and 6:00 p.m. the day before your procedure.

DAY OF: The day of your procedure you will need to do 2 Fleet enemas 2 hours before reporting for your procedure. You may also use an enema bag with warm tap water until the return fluid is clear. These items may be purchased at your pharmacy without a prescription.

A BRIEF EXPLANATION OF THE PROCEDURE:

Your doctor has decided that a flexible sigmoidoscopy would help in your diagnosis and treatment. The examination is done while you are lying on your left side. A rectal exam will be done to evaluate for any masses or bleeding. Following this exam, the flexible sigmoidoscope will be inserted into the rectum and advanced up the colon. The flexible sigmoidoscope has a light which allows the doctor to evaluate the lining of the colon for problems such as polyps, ulcerations, bleeding, inflammation and other growths. This test usually takes 10-15 minutes to complete. If any abnormalities are noted, the doctor may wish to take biopsies to be examined under a microscope. Occasionally, small polyps (benign growths) may be removed by biopsy. Spotting of blood in the stool may be seen after the test. Intermittent, crampy, abdominal discomfort may occur during the procedure.