



Flexible Sigmoidoscopy

A flexible sigmoidoscopy is an accurate examination of the lower 1/4 of the colon. This is accomplished with the use of a thin, flexible instrument which is passed through the anus. This exam does not see the entire colon. Typically, it is NOT necessary for an intravenous line to be started or for any sedative or pain-medications to be administered during the procedure. The examination takes approximately ten or fifteen minutes and you should be able to leave immediately after the test.

PATIENT INSTRUCTIONS:

It is important that you follow the following instructions:

- You will be advised to follow one of the follow preparations:
 - Two (2) fleet enemas rectally: one 2-hours before and one 1-hour before the procedure, or;
 - An alternative oral preparation with special diet restrictions, or;
 - Under certain circumstances, we will request that no bowel preparation be taken.
- ***If your physician has told you that you will receive sedation for the procedure***, then you should have nothing by mouth after midnight the day prior to the procedure.
- *****If your physician has told you that you will receive sedation for the procedure, YOU MUST HAVE A RIDE AND AN ESCORT TO DRIVE YOU HOME*****
- If you are using Fleet enemas or no preparation, ***and are not receiving sedation***, then you may follow your regular diet prior to your procedure.
- If you take medication on a regular basis, you may take it on the day of the procedure unless otherwise directed. Please stop Advil, Motrin or Aleve five days before the test, and let us know if you are taking Coumadin, Persantine, Plavix, Pradaxa, Xarelto, Eliquis, or Insulin so that adjustments can be made if needed.
- Following the procedure, you may have some mild abdominal cramps which should go away in a short time. If biopsies have been taken or a polyp removed, you may notice a few streaks of blood in the stool for several days. A regular diet can be resumed immediately after completion of the flexible sigmoidoscopy.

YOUR PROCEDURE IS SCHEDULED FOR:

DATE: _____ ARRIVAL TIME: _____ PROVIDER: _____

LOCATION:

- Salem Hospital (81 Highland Avenue, Salem) Please go to the Wheelock 5 Entrance to check in for the Endoscopy Suite
- Mass General/North Shore Center for Outpatient Care (104 Endicott Street, Danvers) Please go to the 2nd floor, Day Surgery Department

Please make every attempt to keep your scheduled appointment. We know that sometimes things happen last minute in life but notifying us at least seven (7) days prior to your appointment enables us to help another patient.

Please call 978-741-4171 if you have any questions or if you need to reschedule your procedure.