



Gastroenterology & Hepatology

ASSOCIATES OF MID-MICHIGAN, PC
gastroandhep.com

Flexible Sigmoidoscopy Preparation

To reschedule, cancel, or concerns please call: 989-839-0750

PREPARING FOR YOUR PROCEDURE

Call our office if you have not received instructions re:

- Have diabetes
- Taking Coumadin, Aspirin or any Blood Thinning Product
- Have a heart valve replacement
- Have a history of endocarditis (these may require antibiotics prior to your procedure)

****You will need to purchase two (2) Fleet enemas.**

These may be purchased at any pharmacy.

For three (3) days prior to your procedure, please avoid the following:

- Foods with seeds (tomatoes, cucumber)
- Iron supplements (including vitamins w/iron)
- Bulking products (Metamucil, Citrucel)
- Foods difficult to digest (corn, nuts and popcorn)

ON THE DAY OF YOUR PROCEDURE

 Without sedation - Nothing by mouth 3 hours prior to your procedure

 With sedation - No solids by mouth 8 hours prior to your scheduled procedure. Nothing by mouth including: gum, hard candies, breath mints or liquids 3 hours prior to your procedure.

You may brush your teeth. No smoking after midnight.

You will be sedated for your procedure which will impair your reflexes and judgment. Therefore, you will need to bring a responsible driver over the age of 18 as you **will not** be allowed to drive after your procedure.

2 HOURS BEFORE YOUR PROCEDURE

Give yourself the first Fleet enema. Follow the instructions on the packaging, hold this in as long as you can and then allow it to pass.

1 ½ HOURS BEFORE YOUR PROCEDURE

Give yourself the second Fleet enema. Again, hold this in as long as you can and then allow it to pass.

In the procedure room you will be asked to lie on your left side with your knees bent. Your physician will first do a rectal exam. The physician will then insert the lubricated sigmoidoscope. This will give you a mild sensation of wanting to move your bowels. As the sigmoidoscope is carefully advanced through the rectum and sigmoid colon you may notice some mild lower abdominal pressure. After the procedure your physician will discuss the findings with you.

What is a Flexible Sigmoidoscopy?

Flexible sigmoidoscopy is the evaluation of the rectum and sigmoid colon, the lower portion of the colon, using a flexible fiberoptic examining instrument called a sigmoidoscope. This exam is useful in the evaluation of lower bowel complaints. The physician can view and examine the lining of the colon looking for any abnormalities and for lower bowel polyps and cancer. If necessary, the physician may perform a biopsy or remove polyps.