

## INSTRUCTIONS FOR YOUR FLEXIBLE SIGMOIDOSCOPY

This procedure is performed in our endoscopy center. You must register 15 minutes before your exam/procedure time. The appointment will take about 20 minutes.

PATIENT NAME: \_\_\_\_\_

DATE OF TEST: \_\_\_\_\_

- **APPOINTMENT TIME:** Our office will call you the day before your test to notify you of the time you need to arrive. It is very important for you to arrive on time! Please notify us if we need to reach you at a phone number other than your home. If you do not show up for a scheduled procedure and have not given adequate notice, you will be charged \$100 for the missed appointment.
- **PREPARATION:** You will need to purchase two (2) Fleets enemas. One hour before your exam, administer the first enema (rectally) and hold as long as possible. After expelling, wait 5-10 minutes and repeat with the second enema.
- **Disclaimer Pamphlet Received** \_\_\_\_\_

What is a flexible Sigmoidoscopy?

A flexible sigmoidoscopy (flex sig) is a procedure to examine the sigmoid colon, which is the left lower one-third of the large intestine/colon. This procedure should be done every three (3) years as a routine colorectal cancer screening. It should also be done on patients having symptoms involving the lower bowel.

The sigmoidoscope is a long flexible tube that is about the thickness of a finger. It is inserted through the rectum and traversed up the sigmoid colon, allowing the doctor to examine the lining of the colon.

There may be mild discomfort during this procedure such as mild cramping or a bloated feeling. This is due to the air that is put into the colon to examine it.

***\*\*\* It is important to read over and completely understand these instructions. If your test is on a Monday, please ask any questions before 12 noon the Friday before your test. Our office closes at this time for the weekend and no one will be available after this time to answer your questions.***

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