

Kimbrough Ambulatory Care Center - Internal Medicine Clinic

Flexible Sigmoidoscopy Instructions

Flexible Sigmoidoscopy: This is a 5-15 minute outpatient procedure where a fiber-optic tube (about the diameter of your finger) is placed through the rectum and into the colon (large intestines). The image of the intestinal lining may be viewed on the video screen during the procedure. The lining of the intestines will be visually examined for areas of abnormality. If there are any abnormalities, they may be biopsied at the time of the scope. The biopsies are not felt by the patient and no anesthesia is usually necessary for the procedure.

Reasons for Procedure: This procedure is routinely recommended every 3-5 years for anyone over the age of 50. It may also be recommended for anyone having symptoms (changes in stool pattern, abdominal pain, bleeding, frequent diarrhea, or black tarry stools) or for chronic bowel problems (such as ulcerative colitis or crohns disease).

Pre-Procedure Instructions:

1. It is recommended that you do not take Motrin, Aspirin, or any other anti-inflammatory medication for 10 days prior to the procedure. (Tylenol is fine.) If you take coumadin (or any other blood thinners) or are a diabetic, please consult your physician about taking your medication.

2. On the day prior to the appointment:

- a. Have only a clear liquid diet. (Jell-O, clear juices etc.)
- b. Take two ducolax tablets on the morning prior to the appointment.

3. On the day of the procedure:

- a. Three (3) hours prior to the appointment use the first fleets enema.
 - Squeeze solution into rectum using entire amount.
 - Hold the solution in the rectum for 10 minutes. While you are waiting, either walk around or lie on your left

side. Do not sit on the toilet.

- b. One (1) hour prior to the appointment use the second fleets enema in the same manner.

4. Take your usual medications unless you are diabetic or are on coumadin. Those patients should speak with their providers. No anti-inflammatory medicine.

5. On the day of the procedure:

a. Please check in at Gastroenterology, Room 3A18, on the third floor behind the elevators, at least 20 minutes prior to your appointment.

- b. If you prefer, you may do your second enema in a restroom near the procedure room.

c. If you have further questions prior to the procedure or if you need to reschedule, call Internal Medicine (301-677-8516/8670) or the Surgical Clinic (301-677-8313/8111).

Post-Procedure Instructions:

1. The physician will explain the results of the study after the procedure.

2. You can anticipate bloating and cramping during and after the procedure (usually lasting 30-60 minutes). This should rapidly improve with passage of gas.

3. Although complications are rare, you should monitor for bleeding, persistent abdominal or chest pain, shortness of breath, fever, and chills.

4. If you had any biopsies done during the procedure, you may see a small amount of bleeding for several days after the procedure, but it should be minimal. If there is a lot of bleeding, or you have any of the above symptoms, please contact your provider or go to an emergency room.

5. Biopsy results usually take 7-10 days to return. If your provider has not called you within 2 weeks, please call the clinic/provider for results. Please do not call prior to this.