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Flexible Sigmoidoscopy

WHAT IS THE PROCEDURE?

Flexible Sigmoidoscopy is a procedure in which a flexible lighted tube is passed through the anus into the rectum and lower part of the large bowel (colon) for direct examination.

Flexible sigmoidoscopy is well tolerated and rarely causes much discomfort. There is often a feeling of pressure, bloating, or cramping at times during the procedure. You will be lying on your side or back while the scope is advanced slowly through the lower portion of the large intestine (colon). The scope is then slowly withdrawn and the lining of the intestine is examined. The procedure usually takes about 5-10 minutes. If the scope shows something abnormal the physician may take a biopsy specimen. Remember that biopsies are taken for many reasons and do not necessarily mean cancer is expected.

The lower part of the colon must be completely clean for the procedure to be accurate and complete. Your physician will give you detailed instructions about diet and the cleansing routine to be used. This usually consists of a laxative and enemas. Be sure to follow the instructions carefully, or the examination may need to be repeated. You will also need to refrain from taking any blood thinners or any medication containing aspirin or ibuprofen for 5 days before your procedure.

HOW SHOULD I GET READY FOR THIS PROCEDURE?

1. Purchase 2 bottles of Fleets enema from the drug store.
2. Since a biopsy or polyp removal may be performed, please stop blood thinners as listed below: stop arthritis medications (NSAIDs-Ibuprofen, Motrin, Advil, Naproxen, Celebrex or Vioxx, etc.), aspirin & aspirin containing medication (unless directed by a physician) **five (5) days** before the procedure. Stop Coumadin or Plavix **five (5) days** before the procedure. Stop Heparin, Lovenox or Fragmin for **24 hours** as well as herbs/vitamins that may have blood thinning qualities such as St. John Wort, Gingko Biloba & Vitamin E. **Please consult your physician if you have any questions about the medications you are taking.**
3. **Diabetics -- DO NOT** take diabetic pills or insulin on the morning of your appointment. Bring your insulin and food; you may take them after the procedure is completed.
4. Be sure to tell the doctor and the nurse if you have a heart murmur or an artificial heart valve.
5. Do not eat nuts, corn or any food with seeds (sunflower seeds, strawberries, kiwis, cucumbers, pickles, watermelons, etc.) for at least **5 days before the procedure.**

WHAT ARE THE POSSIBLE RISKS ASSOCIATED WITH THIS PROCEDURE?

The risks associated with this test are very low and includes bleeding, infection, perforation (making a tear) and drug reactions if you will be sedated (made very sleepy) for the procedure. However, the chance of this occurring is less than 1%.

1. THE DAY BEFORE THE EXAMINATION:

- a) Start on the clear liquid diet. You may have orange, apple, or other strained juice, Gatorade (not red), grape juice, tea, clear soup broth, coffee, soda pop, or jello without fruit. For breakfast you may have 2 scrambled eggs, yogurt or juices. For lunch you may have 1 boiled egg, plain top Ramen noodles or chicken broth. **NO FIBER. DO NOT USE** red jello, grapefruit or cranberry juices. You may suck on hard candy if you wish.
- b) You make drink all the water you like. Drink at least one 8 oz. portion of clear liquid before retiring..... more if desired.
- c) At 8:00 P.M. Take 4 tablets of Dulcolax
- d) TAKE NOTHING BY MOUTH AFTER MIDNIGHT.
- e) In order to decrease the irritation to your anal region, you may apply petroleum jelly to the area prior to drinking the solution.

2. THE DAY OF THE EXAMINATION:

- a. Take 2 fleet enemas 30mins apart 2 hours before the procedure.
- b. You may continue to have clear liquids up to four (2) hours before the procedure.
- c. Please take your blood pressure, heart, asthma or anti-seizure medications as scheduled in the morning. You may use your asthma inhaler the morning of the procedure.
- d. Two hours before coming to your appointment, please take cleansing enemas (Fleets or tap water enemas) until completely clear or the procedure cannot be done.

Please leave all jewelry at home.

CAN I GO HOME AFTER THE TEST?

- 1. You may be sleepy from the medicine after the test, so someone will have to drive you home. **YOU MAY NOT DRIVE. NO BUSES or CABS ARE ALLOWED.**
- 2. Someone needs to take care of you 3-4 hours after the procedure.
- 3. You will be at the hospital approximately 1 hour after the test.
- 4. After the procedure, it is normal to feel gassy, bloated or to have mild stomach cramps. This may be relieved by walking around and/or expelling the gas. This should go away after several hours.

WHERE DO I GO FOR THE PROCEDURE?

Please be at the surgery center **1 hr prior** to your procedure time

Procedure Date _____ **Time** _____

Irvine Endoscopy.....(949)679-6700
15825 Laguna Canyon Rd #100, Irvine, CA 92618

Newport Center Surgical.....(949)706-6300
17 Corporate Plaza #120, Newport Beach, CA 92660

Hoag Irvine..... (949)517-3161
16200 Sand Canyon Ave, Irvine, CA 92618

Please note: Bring insurance information and/or insurance card with you at the time of the procedure. Failure to do so could result in rescheduling the procedure. **Please bring a list of your medications with you to the procedure. If you cannot keep this appointment or have any questions, please call (949) 650-6700. Make sure to call within 48 hours of your procedure to cancel as there is a cancellation fee**