



Flexible Sigmoidoscopy

A flexible sigmoidoscopy is a test that examines the first portion of your colon or large intestine.

A flexible sigmoidoscopy is performed for several reasons such as diarrhea, bleeding or examination of hemorrhoids. The Gastroenterologist, a doctor who specializes in the digestive system, will perform this test to better understand your condition. A scope will be used to look at the lining of your colon and rectum to best diagnose and treat your symptoms. You will be given medication (a sedative) during the procedure to keep you comfortable.

DAY OF PROCEDURE

- You will receive two small enemas in the prep area before your procedure.

MEDICATIONS

- If you take diabetic medications or prescription blood thinners, follow the special instructions from your primary care providers or anticoagulation management service (AMS).
- You may take your medications with water 2 hours before you are scheduled to arrive for your procedure. This includes your blood pressure pills.

FOOD

No solid food, starting at midnight until your procedure is completed.

You may have clear liquids until 2 hours before your scheduled report time. You may brush your teeth or rinse, but do not swallow.

ACCEPTABLE CLEAR LIQUIDS INCLUDE

- Water
- Lemonade
- Jell-O™
- Apple juice
- Tea
- Soft Drinks
- Popsicles
- PowerAde™
- Coffee (no cream/milk)
- Sports Drinks
- Italian Ice
- Kool-Aid™
- Gatorade™
- Fat-free broth
- Crystal light™
- Bouillon
- White grape juice
- Energy Drinks

You may also have sugar and honey. Do not have red colored liquid.