

Flexible Sigmoidoscopy

What is It?

A flexible sigmoidoscopy is a direct examination of your sigmoid colon (lower part of your colon) using a thin flexible instrument (endoscope). No anesthesia or sedation is normally given for this procedure and therefore you may drive yourself to and from the exam. If, for some reason, one of these medications is being administered to you, a driver will be needed.



Why Do I Need It?

This procedure will aid your doctor in the diagnosis and treatment of some lower GI symptoms, such as rectal pain, bleeding diarrhea and constipation. It is also used as a screening tool for early detection of colon cancer or colon polyps. There is less than a 10 % chance that a polyp will be discovered. Since there is a possibility of additional polyps located further up in the colon, you could be referred for a colonoscopy. Every effort will be made to schedule that procedure while you are prepped, but you may need to schedule a colonoscopy at another time.

The Preparation: You will receive a written prescription to fill at your preferred pharmacy for one of the following: **Colyte/Golyte/Nulyte/Trilyte**- depending on your prescription benefit plan. It is important that you follow all instructions carefully. You may take your normal medication with a small amount of water.

ONE DAY BEFORE THE PROCEDURE:

1. You will be on a clear liquid diet **all day**. Mix the solution of the prescription that you received with water in the morning and refrigerate, you may use any desired flavor packet of your choice.
2. At noon you will take two tablets of DULCOLAX which is provided in your instruction packet.
3. Around **3:00 p.m.** start drinking the CHILLED Colyte/Golyte/Nulyte/Trilyte solution. **You should drink one 8 oz glass of the solution every 10-20 minutes until it is all gone.** If you get nauseated, drink it more slowly. Drink every drop, the last glass is the most important. It will take approximately 4 to 5 hours to finish it all.
4. Failure to drink all of the Colyte/Golyte/Nulyte/Trilyte solution may result in the incomplete cleansing of the colon which may result in rescheduling the procedure.
5. After you finish the Colyte/Golyte/Nulyte/Trilyte solution, resume your clear liquid diet up to 4 hours prior to the procedure, do not eat or drink anything by mouth 4 hours prior to your procedure time.

CLEAR LIQUIDS ALLOWED: water, tea, clear fruit juices (apple, green grape) Bouillon, plain jello (except red and purple jello). Plain coffee without cream is acceptable. NO solid foods or dairy products.

- **IMPORTANT**

- **If you are an insulin-dependent diabetic, consult your doctor regarding dosage prior to this examination.**
- **If you have kidney disease that requires dialysis, please contact our office for an alternate preparation.**

The Procedure

- You will be taken to a sigmoid room and the procedure will be explained to you. If you have any questions, please ask them at this time. Consent to do the procedure will need to be signed.
- You will be asked to undress from the waist down. A towel wrap will be provided for your comfort.
- You will be asked to lie on the sigmoid table. The doctor will position you for maximum comfort.
- A lubricating jelly will be placed in your rectum before the sigmoidoscope is inserted.
- The instrument used is a flexible fiber optic endoscope. It is thin and flexible so it can pass through the “S” shaped sigmoid colon. It allows the doctor to visualize the inside of your colon.
- The sigmoidoscopy procedure will take from 5 - 15 minutes.

The Risks

There is some risk to any procedure, but the frequency of complications from sigmoidoscopy is very small. The primary risk is perforation of the bowel, which is rare.

After the Exam

After the examination is completed you may experience mild cramps, gas and spot bleeding. If these symptoms persist more than 24 hours, call the office at (760) 942-0118. You will be allowed to go home when your procedure is completed.