

Triangle Gastroenterology
2600 Atlantic Avenue, #100
Raleigh, NC 27604
Phone: 919-881-9999 - Fax: 919-781-9699

**FLEXIBLE SIGMOIDOSCOPY
PREP INSTRUCTIONS**

Flexible Sigmoidoscopy:

Flexible Sigmoidoscopy is a visual examination of the lining of the first part of the large intestine. The flexible tube (sigmoidoscope) is passed through the rectal area up to the splenic flexure. Through this scope, the doctor will be able to see any abnormalities that may be present or determine if you need a colonoscopy. If necessary, a small tissue sample(s) may be taken for laboratory analysis.

What will happen:

The doctor and/or nurse will explain the procedure and answer any questions that you have. Please inform the staff before the procedure if you have had any prior exams of this nature before. You will be asked to sign a consent form before the procedure is performed. You will then be asked to remove the lower part of your clothing and you will be placed in a comfortable position on your left side. The doctor will then insert the scope through the anus and then into the rectum and slowly advance the scope to the splenic flexure. You may experience some discomfort or cramping, such as gas pains or pressure from the air that is introduced into the colon. This is normal and it will pass quickly. This examination takes about 10-15 minutes. You may return to a normal routine and resume a regular diet.

Preparation for Procedure:

Do not take aspirin, ibuprofen, arthritis, and iron products (multi-vitamins, etc.) for four days prior to the procedure. Please inform us if you are taking any other blood thinning medication. You may have Tylenol for any pain or discomfort at any time.

Be sure to purchase two – “Fleet Ready Enemas” at any pharmacy. Follow the directions on the package. The times for the enemas are to be done as listed below:

Your procedure is scheduled for: _____

1. Nothing to eat or drink after midnight on: _____

2. First enema at _____ on this date _____
Second enema at _____ on this date _____

Risks:

Flexible sigmoidoscopy can result in complications, such as, perforation of the intestines and bleeding. These complications are very rare (less than one in 1,000 examinations), but may require urgent treatment, and even emergent surgery. Be sure to inform us if you have any severe pain, black tarry stool, or persistent bleeding within 24 hours prior or three to five days post procedure.

Please give us a call if you have any questions or concerns at 919-881-9999, and ask for Sierra or Jen.

If a biopsy is taken, there will be a separate bill from the pathology company