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INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

YOUR PROCEDURE WILL BE DONE AT THE FACILITY YOUR E-MAIL LISTED
(PLEASE NOTE LOCATION PROVIDED FROM E-MAIL THAT WAS SENT BY OFFICE):

_____ Court Street Surgery Center (530-246-4444) _____ Shasta Regional Medical (530) 244-5121
2184 Court Street 1100 Butte Street
Redding, CA 96001 Redding, CA 96001

_____ Redding Endoscopy Center (530) 246-7000 _____ Mercy Medical Center (530) 225-7900
2179 Court Street 2175 Rosaline Ave
Redding, CA 96001 Redding, CA 96001

- You will be at the facility for 2 hours from arrival to discharge.
- You have the choice to receive sedation or not for your procedure. If you do choose sedation you cannot work or drive the day of the procedure and you can resume your normal schedule the following day.

IF YOU ARE TAKING ANY BLOOD THINNING MEDICATIONS SUCH AS WARFARIN (COUMADIN), PLAVIX (CLOPIDOGREL), ELIQUIS (APIXABAN), BRILINTA ETC, PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS AS SOON AS POSSIBLE TO AVOID HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.

This examination allows your doctor to directly view the walls of the lower part of the colon, or large intestine, so they may know of any disease process present. It is done only after consideration of all factors for your best interest. Often abnormalities, which cannot be seen on x-ray, can be seen here. Biopsies may be obtained during this exam to better evaluate abnormalities seen. Obtaining biopsies is a short and painless process.

WHAT IS THE PROCEDURE?

For this exam you will lie on your left side. Medications for discomfort are not usually needed. The instrument used, called a sigmoidoscope, is a long flexible rubber tube containing a light and lens for excellent viewing. It is necessary to use some air through the tube which may cause you to feel full. If abdominal cramping occurs, slow, deep breathing often helps you to relax. The entire procedure lasts about 15 minutes. After a short rest, you will be able to drive home.

HOW DO YOU PREPARE FOR THE PROCEDURE?

Cleaning out the large intestine is very important. Please do not eat any solid food after midnight the night before your exam. You may have clear liquids until 2 hours prior to your appointment. You may take your medications with a small amount of water.

About 2-4 hours before your appointment use 3 fleet enemas, which can be purchased over the counter at most pharmacies and drug stores. Use any position shown on the package. These will be used to empty the lower bowel. Hold it in as long as possible. Repeat this with the second and third enemas doing them about ½ hour apart. If you are still passing stool after using the third enema, fill the enema bottle with lukewarm tap water and continue to give yourself enemas until the stool has cleared. If you are still passing stool after these measures, do not be concerned. The doctor can remove small amount of stool with the scope.