

Preparation for Flexible Sigmoidoscopy

NAME

DOB

Your FLEXIBLE SIGMOIDOSCOPY is scheduled for

_____ at _____ AM
PM

PHONE _____

Your doctor has decided that a **Flexible Sigmoidoscopy** is necessary to help evaluate your colon, or large intestine. An important exam such as this requires special preparation. Accurate results from this test require that your lower colon is carefully cleansed and empty. An improperly prepared colon may limit the exam and require it to be repeated at another time. Therefore, it is very important that you follow these instructions as carefully as possible. No laxative preparation is fun, but this “prep” is fairly simple and effective. Note that individual response to laxatives vary widely. *Remain within easy reach of bathroom facilities.*

You will need:

Two (2) Fleet Disposable 4.5 oz. Saline Enemas which can be purchased at your pharmacy for a few dollars.



Instructions on the Day of Exam

About four (4) hours before you leave home, begin a clear liquid diet. You may have clear strained citrus juices and other juices such as lemonade, apple juice, or simply plain water. Black coffee, tea, or soft drinks are permitted. All solid food, milk products, and alcohol should be avoided. (This exam is quite brief and does NOT require sedation except for special circumstances. If anesthesia is planned, you must remain totally fasting the last four hours before your procedure and bring a companion to drive you home.)

About two (2) hours before you leave home, use the first Fleet Disposable Enema. Shake bottle before using. Remove the protective shield from the rectal tip. Lie on your left side. Insert enema tip into rectum pointing toward navel. Squeeze bottle until all liquid is expelled into rectum. Wait 15 minutes before evacuating, even if the urge is strong.

One (1) hour before you leave home, use the second Fleet Disposable Enema. Do not be surprised if there is not much evacuation. This usually means that your lower colon is empty.

If you have followed all the instructions, your lower colon should be clean and ready for your examination. Report for your appointment at the scheduled arrival time. Wear loose comfortable clothing that can easily be removed and leave jewelry, high heels, and other valuables at home. Bring your insurance cards, photoID, list of medications and allergies. Be prepared to pay any copay. If you have any questions, please call our triage nurse at 412.262.1000 and option #4.

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