

## FLEXIBLE SIGMOIDOSCOPY

Patient: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

- Please check with your insurance company about preauthorization. The phone number is located on the back of your insurance card.

**PHYSICIAN:** Harsha Jayawardena, MD

**PLACE OF PROCEDURE:** Franklin General Hospital

**TIME OF PROCEDURE:** The surgery department will call you one or two days prior to your procedure with the time.

**DEFINITION:** Sigmoidoscopy is a procedure used to see inside the sigmoid colon and rectum.

### PREPARATION INSTRUCTIONS

#### PICK UP FROM PHARMACY:

- Fleets enema
- 2 Dulcolax tablets

#### ONE DAY BEFORE PROCEDURE:

- At 8:00 p.m. take two Dulcolax tablets

**NOTHING TO EAT OR DRINK INCLUDING GUM OR CANDY AFTER MIDNIGHT. NO SMOKING.**

#### DAY OF PROCEDURE:

1. Before coming to the hospital give yourself a fleets enema.
2. Take your heart, blood pressure and/or thyroid medications with a **SIP** of water. No other medications.
3. Please have a list of your allergies and medications (prescription, over the counter, and herbs) with you.
4. A consent form will be obtained.
5. Additional fleets enemas may be given if needed.

#### HOW THE TEST IS PERFORMED

- You will be asked to lie on your left side with your knees flexed.
- The doctor will carefully place a gloved and lubricated finger into your rectum to check for blockage and gently enlarge (dilate) the anus. This is called a digital rectal exam.
- Next, a flexible tube with a camera on the end (sigmoidoscope) is placed through the anus. The scope is gently moved into your colon. Air is inserted into the colon to enlarge the area and help the doctor see better. The air may cause the urge to have a bowel movement or pass gas. Suction may be used to remove fluid or stool.
- The doctor may take tissue samples with a tiny biopsy tool inserted through the scope. Heat (electrocautery) may be used to remove polyps. Images of the inside of your colon may be taken.
- Sigmoidoscopy using a rigid scope may be done to treat problems of the anus or rectum.

#### HOW THE TEST WILL FEEL

During the exam you may feel:

- Pressure during the digital rectal exam or when the scope is placed in your rectum
- The need to have a bowel movement
- Some bloating or cramping caused by the air or by stretching of the bowel by the sigmoidoscope

If you have any questions regarding your procedure, please feel free to call **Franklin General Hospital Surgery Department (614) 456-5032** or Mason City Clinic 1(800) 622-1411 ext. 5260.