

## FLEXIBLE SIGMOIDOSCOPY

### IMPORTANT INFORMATION

Please read this information now so you will be prepared for your examination.

1. **Seven (7) Days Before Your Exam:**

- If you are taking blood thinner medications, have a pacemaker or a defibrillator, call our office and speak to a nurse.
- Continue your other medications.

2. **Three (3) Days Before Your Exam:**

- Purchase two (2) 4.5oz saline enemas at your local drug or grocery store.

3. **On the Day of Your Exam:**

**Cleansing your colon**

- Two (2) hours before your exam is scheduled, give yourself one of the enemas. Hold it for 2-5 minutes, then expel the enema.
- One and one half (1-1½) hours before your exam is scheduled, give yourself the second enema. Hold it for 2-5 minutes, then expel the enema.
- You should be passing clear or light yellow fluid.

4. **On the Day of Your Exam, Please Bring:**

- Medication list, including dosage
- Allergy list
- Medical problems and surgery list
- Insurance cards and photo ID
- Inhaler, if you use one.

5. **At the Time of the Exam:**

- ☐ You will not be receiving sedation.
  - No food restrictions.
  - No driver needed.
- ☐ You are scheduled to receive sedation. Please follow the instructions below.

1. **YOU MUST ARRANGE WITH A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME.** Please inform your driver this will take about 2 hours.
2. **NO FOOD** after midnight.
3. You may drink clear liquids and take your regular medications up until three (3) hours before your exam.
4. Stop drinking at \_\_\_\_\_, then nothing by mouth until after the exam.

**Approved Clear Liquid Diet List**

- Clear fruit juices without pulp, water, tea, black coffee, low sodium clear broths, Jell-O™ in lemon, lime or orange flavors, popsicles, Kool-Aid™, Tang™, Crystal Light™, Gatorade™, soda pop.
- **NO FOOD PIECES, NO PULP, NO RED FLAVORING OR DYES.**

**Examination scheduled for:**

Day \_\_\_\_\_

Date \_\_\_\_\_

Arrival Time \_\_\_\_\_ AM / PM

Though the exam takes about 30 minutes, plan to be with us for about 2 hours.

**Your Examination Location:**

☐ **Fogel Endoscopy Center**

34503 9th Ave, S., Suite 240, Federal Way, WA 98003  
p. 253.838.9839

☐ **Peninsula Endoscopy Center**

2727 Hollycroft St., Suite 480, Gig Harbor, WA 98335  
p. 253.858.0112

☐ **Puyallup Endoscopy Center**

1703 S. Meridian, Suite 203, Puyallup, WA 98371  
p. 253.841.3933

☐ **Silverdale Endoscopy Center**

3261 NW Mt Vintage Way, Suite 221, Silverdale, WA 98383  
p. 360.479.1952

☐ **Sunrise Endoscopy Center**

11216 Sunrise Blvd, E., Suite 3-201, Puyallup, WA 98374  
p. 253.770.3700

☐ **Waldron Endoscopy Center**

3209 S. 23rd Street, Suite 200, Tacoma, WA 98405  
p. 253.272.5127

☐ **Auburn Regional Medical Center - Admitting**

202 N. Division Street, Auburn, WA 98001  
p. 253.833.7711

☐ **Frank S. Baker Center - Gastrointestinal Study Unit**

316 MLK Jr. Way, Tacoma, WA 98405  
p. 253.403.1361

☐ **Good Samaritan Hospital - Admitting**

407 14th Ave, SE., Puyallup, WA 98371  
p. 253.697.4000

☐ **Medical Park at Covington - Patient Registration**

17700 SE 272nd Street, Kent, WA 98042  
p. 253.639.9660

## FLEXIBLE SIGMOIDOSCOPY

### FLEXIBLE SIGMOIDOSCOPY

Flexible Sigmoidoscopy is used to examine the rectum and lower colon (sigmoid colon). A narrow, flexible instrument called a sigmoidoscope makes this a relatively comfortable examination. It allows visualization of the lining of the rectum and lower colon. The sigmoidoscope reaches from the rectum, through the sigmoid colon to the descending colon. It is in these areas that the greatest number of abnormalities occur. Normally the exam takes about five to fifteen minutes.

### ON THE DAY OF YOUR EXAMINATION

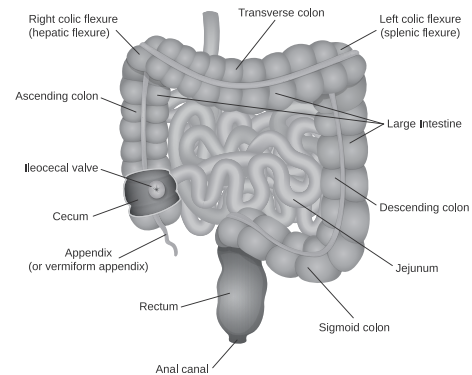
**Check in at the location indicated on the front side of this pamphlet.**

- When you arrive, you will check in with the receptionist, who will verify and have you sign all your registration information, copy your insurance cards and photo ID and collect any copayments due.
- A nurse will discuss your medical history. Please let the nurse know if you are allergic to any medicines. The nurse will take your temperature, pulse and blood pressure. If you are receiving sedation, the nurse will place a small intravenous (IV) catheter in your arm vein for sedative medications to be given. You will be asked to undress and put on a patient gown.
- If you are receiving sedation, you will be asked about your transportation person. **YOU MUST HAVE A DRIVER ARRANGED WHO WILL STAY WITH YOU AND DRIVE YOU HOME.**
- You will be asked to sign a consent form authorizing the physician to perform the procedure.

### THE EXAMINATION

- Each step will be explained to you.
- You may leave your dentures in place. Your eyeglasses will be removed. A nurse will help you to get comfortable lying on your left side.
- The doctor will examine your rectum with a gloved, lubricated finger. The doctor will insert the lubricated flexible sigmoidoscope. This may give you a mild sensation of wanting to move your bowels. As the sigmoidoscope is carefully advanced through the rectum and lower colon (sigmoid colon), the doctor will examine the rectum and sigmoid colon lining thoroughly.
- You may feel some cramping or gas due to the air the doctor uses to open up the folds of the colon. Breathing deeply and slowly will help you to relax. You may be asked to change positions during the procedure to assist in the passage of the sigmoidoscope.
- A biopsy specimen (a tiny bit of tissue) may be taken for microscopic examination. If you have a polyp, it may be removed by electrocautery through the sigmoidoscope. Photographs may be taken. If bleeding is seen, it may be controlled by thermocoagulation (heat) and/or the injection of medication. You will not feel any sensation or discomfort when the biopsy is performed or the polyp is removed.

### Structure of digestive organs



### RISKS

Flexible Sigmoidoscopy is a very low risk procedure when performed by a competent specialist. However, all of the following complications are possible:

- Perforation (tearing) or bleeding of the gastrointestinal tract wall.
- Other risks include drug reactions or complications from other medical problems you may already have.
- Instrument failure or death are extremely unlikely but remain remote possibilities.
- Phlebitis of the vein due to irritation from the sedative medication at the injection site.

### AFTER YOUR EXAMINATION - BEFORE YOU GO HOME

- You may feel some bloating from the air inserted during the procedure. You will feel more comfortable if you expel this air.
- The doctor will speak with you before you leave.
- When the nursing staff assesses that you are ready to leave, you will be given final instructions.
- When you leave, **it must be with your transportation person.**

### AFTER YOUR EXAMINATION - AT HOME

- You may eat and resume your normal activities as you feel able, unless otherwise instructed.
- Walking, a warm bath, drinking warm fluids, or lying on your left side with knees drawn up will help you to pass any remaining air in your colon.
- This procedure may preclude travel, strenuous exercise, and heavy lifting.
- If you received sedation, do not drive, drink alcohol, sign legal documents or operate mechanical equipment until the next day.

### RESULTS

- Preliminary findings will be discussed with you after you are awake.
- A full report will be sent to your primary and/or referring physician.
- Biopsy and polyp results are usually available in 7-10 working days. At discharge, you will be told how you will receive your results.
- Your primary and/or referring physician will receive a report from the laboratory.

**If you have any questions or concerns, please contact us before and after your examination. It is important to us that you understand the examination and the results.**