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INSTRUCTIONS FOR PREPARING FOR FLEXIBLE SIGMOIDOSCOPY

A sigmoidoscopy has been recommended by one of our providers. During this procedure, the flexible sigmoidoscope will be inserted through your anus into the rectum and lower colon while you lay on your left side to allow the doctor to visualize this part of your colon (large intestine) to look for any abnormalities. The procedure generally takes about 10 to 15 minutes. There may be some mild to moderate discomfort associated with the procedure if you choose not to have sedation.

*** MEDICATION INSTRUCTIONS WILL BE DISCUSSED ****

HOW TO PREPARE FOR YOUR FLEXIBLE SIGMOIDOSCOPY:

1. **NO SEDATION:** Your meal just prior to the sigmoidoscopy should be clear liquids at least 4 hours before your procedure is scheduled in case sedation is needed. ***You may drive yourself home IF you do not receive sedation.***
2. **IF YOU WISH TO RECEIVE SEDATION,** YOU SHOULD HAVE **NO FOOD AFTER MIDNIGHT;** YOU MAY HAVE CLEAR LIQUIDS UP TO 4 HOURS BEFORE YOUR PROCEDURE. **A FRIEND OR RELATIVE WILL NEED TO DRIVE YOU HOME.**
3. The **evening before** your sigmoidoscopy, **by 6PM to 7 PM,** please **take 3 Dulcolax** tablets by mouth at least 3 hours after a light dinner; you may have solid food. In general, you should expect to have a bowel movement within about 6 hours; for some people it may take longer. You may experience some crampy abdominal pain as Dulcolax is a laxative. If you do not have a bowel movement you do not need to worry or call the doctor (unless you experience severe pain or vomiting).
4. **Day of procedure:** One to two hours before you leave to come to the office, you should take **2 Fleet enemas** (generic or store brand is OK) **by rectum.** Please try to complete the enema(s) within 1 to 2 hours of your appointment time.

SHOPPING LIST (all are over-the-counter; a prescription is not needed):

- **3 Dulcolax** (generic or store brand = bisacodyl) tablets
- **2 Fleet enemas** (or generic or store brand)

If you have any questions regarding the sigmoidoscopy or how to prepare for it, please feel free to call our office (301-663-9440).