

KIRKPATRICK

FAMILY CARE

FLEXIBLE SIGMOIDOSCOPY INFORMATION SHEET



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Description of the Test:

A flexible sigmoidoscopy is a visual exam of the lower part of the colon. An endoscope is a small flexible tube with a light on one end which allows the doctor to visually examine 40-60 cm (15-24 inches) of the colon. You will lie on your side on an examination table. The endoscope is then inserted through the anal opening into the lower part of your bowel.

Purpose of the Test:

The purpose of the test is to look for growths, inflammation, or structural abnormalities. It is recommended by the American Cancer Society for routine screening every 3 to 5 years in people over the age of 50.

Preparation for the Test:

Please follow these instructions before coming to your examination.

- **Consume only clear liquids during the 24 hours prior to the exam unless you are a diabetic. If you are an insulin-dependent diabetic, please ask for dietary instructions. Clear liquids are Jell-O, broth, clear juices, black coffee or tea, water, etc. Do not eat anything red.**
- The nurse will give you 2 Fleet's enemas along with instructions.
- Give yourself one "Fleet's Ready-To-Use Enema" according to the directions on the box 2 hours prior to your appointment. Give yourself the second enema 1 hour prior to your appointment.
- If you have any questions about how to give yourself the enema, please ask the nurse.

It is very important that this preparation be completed **BEFORE** your exam.
THE EXAMINATION CANNOT BE DONE WITHOUT THIS PREPARATION.

General Information:

- Arrive at the clinic 15 minutes before your procedure is scheduled to start.
- Tissue and fluid samples may be taken during the procedure. Polyps or abnormal tissue growths may be removed. Small brushes can collect cell samples during the exam. These test results usually take 3-5 days to be completed. We will contact you when the results are back.
- The doctor will tell you what he or she saw during the procedure.