

GREATER BOSTON GASTROENTEROLOGY

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PREPARATION FOR SIGMOIDOSCOPY

You are scheduled for a **sigmoidoscopy** on: _____ at: _____.

Please check in at: _____.

1. **Please bring with you to your procedure a list of all of your current medications.**
2. **When this procedure was scheduled, the insurance on file for you was:**

If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure. You will be responsible for any charges due to lack of correct insurance information.

There are some very important facts that you need to be aware of:

1. Obtain one bottle of Citrate of Magnesia and two Fleet Enemas from the drug store.
2. You should continue taking all other regular medications, even on the day of the examination.
3. Please inform us if you take Coumadin or Warfarin. It will need to be discontinued five days before the procedure.
4. Please inform us if you take Plavix. It will need to be discontinued seven days before the procedure.
5. Please inform us if you take insulin. It will need to be adjusted for the preparation and the procedure.
6. Do not take any pills for diabetes on the day before and evening before procedure, or the day of the procedure.

DAY BEFORE EXAM:

1. Have a clear liquid dinner at 6:00 P.M.

The following items are considered **CLEAR LIQUIDS**:

Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water, Popsicles, Jell-O (no red or purple colored, no fruit or cream added) Black coffee or tea (may have sugar but no milk or cream)

2. After dinner, take the bottle of Citrate of Magnesia.

DAY OF EXAM:

1. Take the first Fleet Enema upon wakening.
2. Take second Fleet Enema 30 minutes before leaving to come for your test.
3. You can take clear liquids up until the time of the examination.
4. After the examination, you can resume your normal diet and work schedule.
5. Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

INFORMATION REGARDING A SIGMOIDOSCOPY

What is a sigmoidoscopy?

A sigmoidoscopy is a visual examination of the last section of the large intestine (also called the colon). This section of the intestine is called the rectum and sigmoid colon. The examination will focus on one to two feet of this area.

How is the procedure performed?

You will be lying on your left side. A small camera is introduced into the rectum and directed into the sigmoid colon. The camera is housed in a slender and flexible tube, which is about the diameter of a finger. As the camera proceeds into the colon, a small amount of air is administered into the colon. The air serves a very important function. It allows an unobstructed view of the colon. Without the air, the walls of the colon would close around the camera, and thus the view would be suboptimal.

The entire examination usually lasts five minutes. Because it is a visual exam, the results are immediate. If a biopsy is taken, the specimen is sent to the Pathology Lab, and results of this would be available in 7-10 days. A biopsy is the removal of a small tissue (only a few millimeters). It is done through the flexible tube. It is painless.

Will I feel any sensations?

You may experience a gassy or crampy sensation during the examination. You may also feel the urge to have a bowel movement. These sensations result from the air, which is introduced into the bowel and from the camera going around turns in the colon. Whenever there is air or pressure in your bowels, you can have the sensation that your bowels are full. Don't worry, you will not have a bowel movement during the exam. Taking deep, slow, controlled breaths can minimize the sensations. We will make every effort to help minimize any discomfort.

What preparation is necessary?

The end of the colon needs to be cleansed to allow ideal visualization. Please follow the enclosed instructions carefully.