



FLEXIBLE SIGMOIDOSCOPY

Read these instructions at least a week before you come for your procedure.

WHAT IS A FLEXIBLE SIGMOIDOSCOPY?

A flexible sigmoidoscopy is a test that allows the doctor to check the lower part of your bowel. A flexible black tube is used to do this examination. The tube is about the size of your little finger and is inserted into your rectum during the test.

HOW DO I GET READY?

- Take two Dulcolax tablets the night before your test. You will need to purchase these at a pharmacy. *Skip this step if you have kidney disease or if you are pregnant.
- You may eat and drink normally up until the time of your exam.
- One hour prior to coming for your test, you will need to give yourself 2 Fleets enemas.
- **Fleet Enema Prep Instructions**
 - Purchase 2 Fleet enemas.
 - Remove the cap from the enema.
 - Bend over; you do not need to lie down.
 - Insert lubricated tip of enema into your rectum.
 - Squeeze entire contents of enema into your rectum.
 - Sit on toilet; hold enema as long as you can, or up to 5 minutes before releasing.
 - Repeat with second enema.
- If you live more than 2 hours away, you will need to give yourself a third enema upon arrival. We will provide the third enema for you to use.
- Please arrive 45 minutes prior to your appointment to park your car and register. This will enable you to keep your scheduled visit.
- Please limit the number of people you bring with you to the waiting room.
- **Bring a list of current medications and medication allergies with you.**

REGISTRATION

- If your procedure is being done at UVA Digestive Health Center, when you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center. Enter our waiting room and check in at the reception desk.
- If your exam is being done at UVA Outpatient Surgery Center, report to the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.
- Please keep in mind that appointments are approximate times. If a delay occurs, we will do our best to update you.

(over)

WHAT WILL HAPPEN DURING THE EXAM?

- A physician or physician assistant will explain the benefits and risks of the procedure and ask you to sign the consent form giving them permission to do the exam. Ask them any questions you might have.
- During the test you will lie on your left side.
- The physician or physician assistant may first perform a rectal exam. A flexible scope is inserted into your rectum. You may have some bloating or cramps similar to gas pains since your intestine will be partially filled with air to help the doctor look at the lining of the intestine. You may also feel like you need to move your bowels. This is a normal feeling when there is anything in the rectum.
- The examination takes 10 to 20 minutes. If the doctor sees anything unusual, a biopsy (small piece of tissue) may be taken. Your doctor may also remove any polyps or growths that are present. You will not feel this biopsy or polyp removal.

WHAT HAPPENS AFTER THE EXAM?

- You may feel bloating or cramping. Moving around will help you pass remaining air.
- Before you leave, we will explain the results of your test to you, and you will be given discharge instructions which will note if any tissue or polyps were removed.
- After you leave, you may resume your regular diet and activities. You may see a little blood on the toilet tissue when you wipe.
- The results of your test and any tissue analysis will be sent to the physician who requested the procedure within 1-2 weeks. **Please contact the physician who ordered your procedure to obtain your test results.**
- Complications to look for include a lot of rectal bleeding, severe pain, and fever.

FOR PATIENTS DONE AT DIGESTIVE HEALTH CENTER:

- If you have any complications, please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on call. You may also go to your local emergency room.
- If you have any questions about the exam or the preparation, please call the endoscopy coordinator at **(434) 243-6346**.
- To cancel or reschedule your test please call **(434) 924-9999**.

FOR PATIENTS DONE AT UVA OUTPATIENT SURGERY CENTER:

- If you have any complications, please call us at **(434) 951-4624** or the hospital operator **(434) 924-0000** and ask for the GI doctor on call (or the Family Medicine resident if your procedure was done by Dr. Scott Strayer). You may also go to your local emergency room.
- If you have any questions about the exam or the preparation, please call **(434) 951-4624**.
- To cancel or reschedule your test please call **(434) 951-4268**.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.