

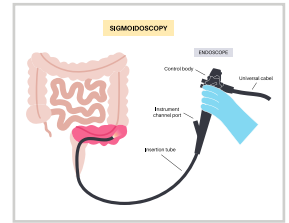
Flexible Sigmoidoscopy Procedure

Screening Saves Lives

A flexible sigmoidoscopy is a procedure used to evaluate the lower part of the large intestine or colon.

The procedure allows the doctor to view the inside of the rectum, the sigmoid colon and most of the descending colon (approximately 2 feet) of the large intestine. Tissue samples (biopsies) may be taken during the procedure for later evaluation.

A thin, flexible tube is inserted into the rectum that has a tiny video camera at the tip of the tube. Flexible sigmoidoscopy does not allow the doctor to see the entire colon so the procedure alone cannot detect cancer or clumps of cells that may develop into polyps or cancer deep within the colon.



Preparing For Your Exam: What to Bring

- A family member or friend (18 or older) to drive you home. You may take a cab, medical transport or bus only if a family member or friend is riding with you after your visit.
- All medications you take, even over the counter medications
- Any vitamins and supplements you take
- Your insurance card

Sigmoidoscopy Prep

Proper bowel cleansing is necessary for an effective sigmoidoscopy. Stool (feces) that is not cleared out of the colon can cover up and obscure polyps, masses, and other abnormalities in the colon. This can result in the need to repeat the sigmoidoscopy procedure.

The Day Before Your Procedure

- You may have a light breakfast. You should not eat any solid food after 12 noon.
- After 12 noon you should drink **only clear liquids**: Examples are clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You may have hard candy.
- Drink at **least 8 glasses of water or clear liquid** to stay hydrated.
- **Do not** have any carbonated drinks.
- **Do not** have any red, blue, orange or purple colored liquids
- **NO smoking the day before** your sigmoidoscopy.
- You may take your prescription medications the day before your procedure (except for those medications your physician has instructed you to stop)
- Purchase Fleet enemas from your local pharmacy or grocery store. You will need to take this tomorrow morning.
- **Do not eat anything after midnight.**

Sigmoidoscopy Prep

SPECIAL CONDITIONS

- **Diabetes:** Check with your physician regarding which medications you may take the day before and the morning of your procedure. In general, it is advised to stop any oral diabetes medications and insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Your blood sugar will be checked the day of the procedure.
- **Blood Thinners:** Ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin or any other blood thinners before and after the procedure.

The Day of Your Procedure

- Follow the instructions and administer both enemas the morning of your procedure, one hour apart, starting 2 to 3 hours before your procedure.
- **Do not have anything to eat or drink for at least 4 hours before your procedure.**
- Please arrive at the hospital front desk 60 minutes prior to your scheduled procedure time for registration. Plan to be at the hospital for 2 to 4 hours.

Arrive for your exam at the time given to you by our healthcare team. The time your exam starts may change.

■ UChicago Medicine AdventHealth Locations

500 Remington Boulevard, Bolingbrook, IL 60440 **630-312-5000**

701 Winthrop Avenue, Glendale Heights, IL 60139 **630-545-8000**

120 North Oak Street, Hinsdale, IL 60521 **630-856-9000**

5101 Willow Springs Road, La Grange, IL 60525 **708-245-9000**

After Your Procedure

- You may resume a regular diet, unless otherwise instructed by your physician.
- Your physician will discuss the results of your procedure with you in the recovery area once you are fully awake.

If you have any questions, please call the office at: **630-312-2590**.

For questions you may have after hours please call the same number and select the option to page the physician on-call. **A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have.**



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