

# COLORADO CENTER FOR DIGESTIVE DISORDERS

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## FLEXIBLE SIGMOIDOSCOPY

Flexible sigmoidoscopy is an examination of the inside of the rectum and sigmoid colon. The large intestine, or colon, is 5-6 feet long. During a sigmoidoscopy, only the last 1-2 feet of the colon is examined. This exam is done to evaluate several conditions. Among these are: rectal bleeding, change in bowel function, diarrhea, rectal or abdominal pain, colon cancer screening, and follow up on x-ray findings.

A flexible fiber optic scope is used to perform the examination. This soft instrument can be guided through the curves of the colon. It has a powerful light source attached to it which allows the doctor to see the tissue clearly. The doctor may obtain a biopsy through the scope, if indicated, without discomfort to you.

The procedure is approximately 5-10 minutes in length. During the exam you will be lying on your left side. As the scope is guided through the sigmoid colon, you will feel a sensation of pressure or the urge to defecate. This varies on an individual basis. The discomfort is often described as "gas-like". The procedure is most often done without any sedation and is tolerated well due to the short exam time. The sigmoid colon must be clean to allow the doctor to clearly visualize the colon.

### INSTRUCTIONS:

- **Please notify** us if you are taking any blood thinners such as Coumadin, Warfarin and Plavix. These may need to be stopped 3 days prior to your procedure. **Stop Date:** \_\_\_\_\_.
- On the day of the procedure, 1-1 1/2 hours prior to leaving home, give yourself two Plain Fleet Enemas (the green and white box may be purchased at any pharmacy.) While lying on your left side, give yourself one enema, hold it as long as possible, expel it, and follow with the second enema. If you have a tendency towards constipation, please use three enemas.
- **DO NOT EAT OR DRINK AFTER TAKING THE ENEMAS.**

### PROCEDURE DETAILS:

**Date:** \_\_\_\_\_. **Check in time:** \_\_\_\_\_ **am/pm.** Plan to be at the facility for a total of approximately 1 hour. The results of the procedure will be given to you after the procedure. If biopsies are taken, we will call you with the results within one week.

<p>Colorado Endoscopy Centers, 205 S Main, Ste A, Longmont, Co,</p>
<p>Longmont United Hospital, 1950 Mountain View Ave, Longmont, CO, (303-651-5009). Day Surgery enter from the north side of the hospital off of 14<sup>th</sup> Ave. Check in at Patient Registration.</p>

After your insurance is processed, you will receive a bill for **facility** charges and a bill from Front Range Gastroenterology for **physician** charges. If you have a biopsy, you will receive a bill from the lab where the work was done and from any pathologist involved.