

COLORADO CENTER FOR DIGESTIVE DISORDERS

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FLEXIBLE SIGMOIDOSCOPY WITH SEDATION

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.

MEDICATION 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.

DIETARY INSTRUCTIONS:

- **FOR A MORNING PROCEDURE, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT, INCLUDING WATER.**
- **FOR AN AFTERNOON PROCEDURE, YOU MAY HAVE A CLEAR LIQUID DIET BREAKFAST, THEN NOTHING BY MOUTH, INCLUDING WATER, FIVE (5) HOURS BEFORE YOUR PROCEDURE.**
Clear liquids include: water, black tea/coffee, apple juice, broth-beef, chicken or vegetable, white cranberry juice, white grape juice, 7-Up, Ginger ale, Sprite, Mountain Dew, Colas, Jell-O, Gatorade and Popsicles. **Avoid anything with red coloring.**
- **NOTHING TO EAT OR DRINK AFTER _____ AM/PM**

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.

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

YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER THE PROCEDURE. If the person driving you does not remain at the hospital, they must be within 15 minutes distance and the nurse will notify them when you are almost ready to leave. **You are not allowed to take a taxi, bus or walk home. If you do not have a ride, your procedure will be canceled.** You will be asked NOT TO DRIVE FOR 12 HOURS AFTER THE SEDATION. Most people feel tired after being sedated, so rest is recommended. You may resume regular activity the next day.

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.