



## Maryland Digestive Disease Center

Jeffrey S. Garbis, M.D.  
Jeffrey Bernstein, M.D.  
Marvin E. Lawrence, II, M.D.  
Priti Bijpuria, M.D.

Richard M. Chasen, M.D.  
Theodore Y. Kim, M.D.  
Sean M. Karp, M.D.

### Patient Instructions for Flexible Sigmoidoscopy

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_ Arrival Time for Procedure: \_\_\_\_\_

With Doctor: \_\_\_\_\_ Location: \_\_\_\_\_

**YOU MUST PURCHASE: (2) 4.5 fl. oz. size enema.**

**What is Flexible Sigmoidoscopy?** Flexible Sigmoidoscopy is a procedure that enables your physician to examine the lining of the rectum and colon (large bowel) by inserting a flexible tube that is about the thickness of your finger into the anus and advancing it slowly into the rectum and lower parts of the colon. It is usually well tolerated and rarely causes much pain. There is often a feeling of pressure, bloating or cramping at various times during the procedure. You will be lying on your side while the sigmoidoscope is advanced through the rectum and colon. As the instrument is withdrawn, the lining of the intestine is carefully examined. The procedure usually takes from 5 to 15 minutes. You have the option of being sedated or not. Please discuss this with your doctor.

**What preparation is required?** The rectum and lower colon must be completely empty of waste material for the procedure to be accurate and complete. Your physician will give you detailed instructions regarding the cleansing routine to be used. In general, preparation consists of one or two enemas prior to the procedure but may include laxatives or dietary modifications. In some circumstances, for example, if you have acute diarrhea or colitis, your physician may advise you to forego any special preparation before examination.

If you choose to have sedation for your procedure, you **MUST** have a ride **TO** and **FROM** the examination. You **CANNOT** drive yourself and **MUST** be accompanied by a responsible adult. You **MAY NOT** go home on public transportation alone. Pick up time will be approximately 1 hour after the procedure start time.

In order to be properly prepared for your procedure, please review the Pre-Procedure requirements on the attached sheet **one week** prior to your exam and follow the instructions carefully.

Should you have any questions please contact our office at **301-498-5500**.

*Address & Directions to Ambulatory Endoscopy Center of MD: **7350 Van Dusen Road, Suite 230, Laurel, MD 20707**. Take I 95 to exit 33 A, Route 198 towards Laurel. At first intersection, turn right onto Van Dusen Road. At 5<sup>th</sup> traffic light, make a right into the Laurel Regional Hospital driveway. The Medical Arts Pavilion is on the right. You should report to Suite 230.*

<p align="center"><b>Appointment Day</b></p> <p align="center">M Tu W Th F</p>	<p>Date _____</p> <p>Arrival Time _____</p>	<p align="center"><b>Capital Digestive Care, LLC</b>  <b>Maryland Digestive Disease</b>  <b>Center</b></p>
<p><b>Questions Regarding Flexible Sigmoidoscopy</b></p>	<ul style="list-style-type: none"> <li>▪ <b>What if the Flexible Sigmoidoscopy shows something abnormal?</b> If the doctor sees an area that needs evaluation in greater detail, a biopsy (sample of the colon lining) may be obtained and submitted to a laboratory for analysis. If polyps are found, they can be biopsied, but usually are not removed at the time of the Sigmoidoscopy. Certain small polyps (“hyperplastic” by biopsy analysis) may not require removal. Your doctor will likely request that you have a colonoscopy (a complete examination of the colon) to remove any large polyp that is found, or any small polyp that is “adenomatous” after biopsy analysis. Colonoscopy can also check the remainder of your colon for the presence of other polyps.</li> <li>▪ <b>What happens after sigmoidoscopy?</b> After Sigmoidoscopy, the physician will explain the results to you. You may have some mild cramping or bloating sensation because of the air that has been passed into the colon during the examination. This will disappear quickly with the passage of gas. You should be able to eat and resume your normal activities after leaving your doctor’s office.</li> <li>▪ <b>What are the possible complications of flexible Sigmoidoscopy?</b> Flexible Sigmoidoscopy and biopsy are generally safe when performed by physician who have been specially trained and are experienced in these endoscopic procedures. Possible complications include a perforation (tear through the bowel wall) and bleeding from the site of a biopsy. Although complications after flexible sigmoidoscopy are rare, it is important for you to recognize early signs of any possible complication. Contact your physicians if you notice any of the following symptoms: Severe abdominal pain, Fevers and chills, Rectal bleeding of more than one-half cup. (It is important to note that rectal bleeding can occur even several days after a biopsy.)</li> </ul>	
<p><b>5 Days Before Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>Purchase (2) 4.5 fl. oz size enemas</b></li> <li>• <b>Discontinue fiber supplements or medications containing iron</b></li> <li>• <b>Discontinue Aspirin, Ibuprofen, Advil/Motrin and Anti-Inflammatory Medicines. You may use Tylenol (Acetaminophen) for discomfort.</b></li> <li>• <b>Discontinue blood thinners/anticoagulation medicines (e.g. Plavix/Coumadin/Warfarin) but take all other medications</b></li> </ul>	
<p><b>Day of Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>An hour &amp; a half before your appointment take the first enema, hold it in for 5 minutes and then release into the toilet. Repeat immediately with the second enema.</b></li> <li>• <b>Do not eat anything after you have taken the 2 enemas</b></li> <li>• Follow the instructions provided on the enema package for the proper technique for the insertion of the enema into the rectum.</li> <li>• If you are asthmatic, please bring your inhaler with you on the day of your procedure.</li> <li>• If you are unable to read or communicate in the English language, please bring an interpreter with you to translate.</li> </ul> <p align="right">02/17/15gg</p>	

You may receive a total of 4 statements; (1) Ambulatory Endoscopy Center (facility services), (2) Capital Digestive Care, Maryland Digestive Disease Center (physician services), (3) Corridor Anesthesia (anesthesia services) and (4) laboratory/pathology charges if performed.

Please note there is a cancellation fee for appointments not cancelled within 48 hours.