

## **PATIENT INFORMATION SHEET TO PREPARE FOR FLEXIBLE SIGMOIDOSCOPY**

Flexible sigmoidoscopy is a procedure designed to examine the rectum and first third of the colon. It is similar to a full colonoscopy but uses a shorter instrument, advanced for a shorter distance. It is, therefore, shorter, simpler and more comfortable than a full colonoscopy, when only a limited examination is necessary.

To ensure the success of the examination, the lower colon must be completely clean. We have found that this is best accomplished by using two Fleets enemas. By following these directions, you can ensure the success of the examination:

1. You may have a normal diet the evening prior to the examination.
2. On the morning of the examination, avoid breakfast or have only a light breakfast.
3. Early in the morning, give yourself the first Fleet enema, following the directions on the package. Try to retain the enema as long as possible before evacuating.
4. Approximately one hour prior to the scheduled procedure, give yourself the second enema.
5. Report as scheduled for your examination.

Please let us know if you have a heart valve replacement or if you require antibiotics prior to dental procedures. If you have any other questions, please do not hesitate to call the office and ask.