

Patient Education

Digestive Disease Center



Sigmoidoscopy

How to prepare

Your appointment at the Digestive Disease Center, on the 3rd floor of the Surgery Pavilion, is on:

_____ at _____.

Directions:

- To park, follow the signs for the Emergency Room.
- At the stop sign, stay left and enter the Surgery Pavilion Parking Garage.
- Take the elevator to the 3rd floor.
- Turn right, and go to the Digestive Disease Center.

Follow These Instructions to Prepare for Your Exam

Buy these supplies at your local drugstore:

- 1 bottle of Magnesium Citrate
- 2 FLEET enemas

The day before your exam at 5 p.m.: _____

- Drink 1 bottle of Magnesium Citrate.

The day of your exam: _____

- Starting 1 hour before you leave your house to come to your appointment**, give yourself 2 FLEET enemas. Follow the directions on the box. Give yourself the enemas 1 at a time. After you expel the 1st enema, repeat with the 2nd one.
- Starting 1 hour before you leave your house to come to your appointment**, give yourself 2 lukewarm tap-water enemas. After you expel the 1st enema, repeat with the 2nd.

Bring a list of your medicines to your appointment.

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Questions?

Your questions are important. Please call if you have questions or concerns.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Disease Center at 206-598-4377.

After hours and on holidays and weekends, call the Community Care Line at Harborview Medical Center at 206-744-2500.

If You Have Sedation

This procedure is usually done without sedation, but sedation is an option. If you want sedation:

- Do not eat anything after midnight.
- You can drink clear liquids until 2 hours before your appointment time. After that, do not take anything by mouth.
- Arrive 30 minutes earlier than your appointment time.
- Arrange for a responsible family member or friend to take you home. You cannot drive on the day of your test. **Your test will be cancelled** or done without sedation if you arrive without a responsible adult to drive you home. Your family member or friend must be in our waiting room at the time of your discharge, about 2 hours after your appointment time. You **cannot** take a taxi, a bus or use an escort service (like Hopelink) unless you have a responsible adult to ride with you.

Special Instructions

- If you have diabetes, your diabetes medicines will need to be adjusted. Please talk with your doctor to plan a schedule for your diabetes medicines for the day of your procedure.
- _____
- _____
- _____

What to Expect

You are scheduled for a sigmoidoscopy. This test allows your doctor to look at the lining of the last part of your large intestine. Your doctor will place a flexible tube in your rectum. The tube is about the size of a finger.

You might have some cramping during the test. Your doctor may take *biopsies* (tissue samples), but you will not feel this.

The procedure takes about 10 minutes. Your appointment will last longer because of preparation and recovery. Your doctor will talk with you about the results. If results are not ready right after the test, your doctor will tell you when you can expect to be contacted.

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