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## **Flexible Sigmoidoscopy Instructions**

Flexible Sigmoidoscopy is an examination of the rectum and lower colon using a flexible endoscope. Biopsies can be taken during the procedure.

During a Sigmoidoscopy you will lie on your left side with your knees bent. The colon is inflated with air to allow the physician to pass the scope up the bowel. You may feel cramping or mild discomfort, but although the procedure may be a little uncomfortable it does not require sedation. It takes about five to ten minutes to complete a sigmoidoscopy. After the procedure, you may feel bloating for about 30-60 minutes.

Sigmoidoscopy may be used to evaluate rectal bleeding, to assess disease severity in inflammatory bowel diseases, and to investigate diarrhea.

The risks of sigmoidoscopy are very minimal, but include bowel perforation and bleeding if biopsies are taken.

Preparation for a sigmoidoscopy involves taking Fleets Ready-To-Use enemas to clear the rectum and lower colon of stool before the procedure. Please take one enema two hours before you leave your home for the appointment. The second enema should be taken one hour later.

You may drive yourself home after a sigmoidoscopy. Allow about 45 minutes for your appointment.