

**University of Maryland Medical Center
Division of Gastroenterology
22 S. Greene Street Baltimore, MD 21201
GI Endoscopy Lab, North Hospital, Room N3W159
Or GI Endoscopy Lab, North Hospital, 7th floor**

FLEXIBLE SIGMOIDOSCOPY MORNING INSTRUCTIONS

A flexible sigmoidoscopy allows examination of the lining of the lower bowel for abnormalities using a lighted flexible tube called a sigmoidoscope. Your sigmoidoscopy is scheduled for _____ at _____ a.m. Please report to the GI Endoscopy Lab on the 3rd or 7th floor of the University of Maryland Medical Center. Please bring all insurance cards, referrals and co-pays, if applicable. **Please arrive one hour early before your scheduled procedure.**

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY PREPARATION:

In order for your sigmoidoscopy to be accurate and complete, you must empty our colon. This sheet provides instruction for your flexible sigmoidoscopy preparation. If you have any questions or concerns regarding your scheduled procedure and/or instructions please call the gastroenterology division at (410) 328-5780.

PRIOR TO THE EXAM:

1. Stop iron 5 days prior to your scheduled sigmoidoscopy.
2. If you take insulin, coumadin, blood pressure or heart medications contact your primary care physician about whether or not you should take them before the procedure
3. Purchase 2 Fleets enemas at any pharmacy. A prescription is not needed.

THE DAY BEFORE THE EXAM:

1. You may eat a light dinner the evening before the exam.
2. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE EVENING BEFORE THE EXAM.**

EXAM DAY:

1. **At least one hour before leaving home for the exam**, give yourself 2 fleets enemas ½ hour apart.

DURING THE EXAM:

1. You will lie on your left side on the exam table. The doctor will insert a flexible tube into your rectum and pass it through to your colon. As this occurs, you may feel some cramps in your stomach.
2. The room will be dark. While you are lying down, the doctor looks at your colon. The exam takes about 15 minutes.

AFTER THE EXAM:

1. You may feel a little bloated after the exam due to air inserted during the test.
2. You can eat following the exam.
3. The results of the exam will be discussed with you before you leave to go home. We will send a full written report to your doctor.