

# Flexible Sigmoidoscopy Preparation Instructions



You have been scheduled for a flexible sigmoidoscopy at Rush University Medical Center. You will need to clean out the lower colon before the procedure.

## Flexible Sigmoidoscopy Preparation

*If you are having a flexible sigmoidoscopy, please **buy 2 Fleet enemas** before the day of the procedure and follow the instructions below on the **MORNING OF** the procedure.*

### Instructions: The morning of the procedure

- Take 1 Fleet enema 2 hours prior to your scheduled procedure time, and repeat 30 minutes later.
- You are able to eat or drink what you like. This includes your medications.
- If you are unable to tolerate the enema, have a history of kidney or renal failure, are restricted to a low-sodium diet, call the doctor's office for instructions.

## Day of the Procedure

### Registration

- You must arrive at the clinic 30 minutes prior to your scheduled procedure. Bring your insurance information.
- The consent form will be completed if not already done.

### The Procedure

- You will be asked to lie on your left side. You may be asked to change positions during the procedure.
- The procedure usually takes 10-20 minutes.

### Discharge

- You may return to regular activities after the procedure.
- Your physician or physician representative will contact you with pathology results if any biopsies were taken during the procedure and with any special instructions or to schedule follow up appointments.

Patient information materials developed in the Section of Colon and Rectal Surgery at Rush University Medical Center. The information contained in this brochure is believed to be accurate; however, questions about your individual health should be referred to your physician.

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