



## Flexible Sigmoidoscopy

Testing Locations				
<b>Columbia St. Mary's Milwaukee</b> 2301 N Lake Drive Milwaukee, WI 53211	<b>Columbia St. Mary's Ozaukee</b> 13111 N Port Washington Road Mequon, WI 53097	<b>River Woods Outpatient Center</b> 375 W. River Woods Parkway Glendale, WI 53212	<b>Gateway Medical Clinic</b> 801 S 70 <sup>th</sup> Street West Allis, WI 53214	<b>Sheboygan Outpatient Center</b> 1414 N Taylor Drive Sheboygan, WI 53081

### What is a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy is an exam to evaluate your lower colon. This exam helps to detect polyps, tumors, inflammation, and areas of bleeding.

### What happens during the test?

During this exam a short fiber optic tube is inserted through your rectum and into your colon. The fiber optic scope transmits light to the area examined, and projects images to a monitor so your doctor can visualize your anatomy. Discomfort is usually minimal. Sedatives and pain medications are generally not required.

### How do I prepare for the test?

Your G.I. doctor will instruct you of any diet restrictions. Your G.I. doctor may order an enema or laxative to take prior to your arrival.

### Do I need to have someone drive me to and from the testing location?

Sedation medication is often not necessary during a flexible sigmoidoscopy. You may drive yourself home and resume daily activities if you do not have sedation. If you have sedation, you will need to have someone drive you to and from the testing location on the day of your exam. The medication that you will receive during your procedure will impair your ability to drive. If you plan to take a taxi, someone must accompany you.

### Should I take my medications on the day of the test?

Please notify your G.I. doctor of all medications you take both prescribed and over the counter. Your G.I. doctor will instruct you on which medications you should take.

### How long does the test take and how long will I be at the testing location?

If you are not having sedation with the procedure you can expect to be at the facility 30 minutes prior to the procedure and at least 15 minutes after the procedure. If you are having sedation then expect to be at the facility one hour before the procedure and one hour after the procedure. The actual flexible sigmoidoscopy procedure takes about 5-10 minutes.

**Are there any instructions I need to have or follow after the test?**

If you do **not** receive sedation you may return to your normal daily activities after your exam.

If you **do** receive sedation:

- You will not be allowed to drive the day of your flexible sigmoidoscopy.
- You should not return to any kind of work or school on the day of your exam.
- You should not be involved in important decisions or sign legal documents.
- You should not use any appliances or machinery that requires a quick reaction time.
- You should not drink alcohol after your exam.
- Your G.I. doctor will provide you with any additional instructions based on the results of your exam.

**How do I get my test results?**

Your G.I. doctor may give you results before you leave the testing location. If biopsies are taken or polyps removed, they will be sent to the lab for inspection under a microscope. These results take about a week. Your G.I. doctor will instruct you how to obtain your results.

**On the day of your test, please let your caregiver know about:**

- Allergies
- Medications
- Diabetes
- Previous problems with anesthetics or numbing medicines
- History of bleeding problems or blood clots
- Blood thinners
- Other health problems, including diabetes and kidney problems
- Pregnancy/nursing
- Pacemaker/defibrillator

**Other information I need to know:**

- **Please follow all the test instructions to ensure that your test can be done as scheduled and with optimum results.**
- **Your appointment is very important to us. If you need to cancel, please notify us the day before your test or as soon as possible.**
- **If you have questions about the information in this guide or not sure which patient information guide is right for you, please call your doctor.**