

# FLEXIBLE SIGMOIDOSCOPY

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Flexible sigmoidoscopy is a procedure whereby a flexible telescope is inserted into the rectum so your doctor can directly examine the inside of the rectum and sigmoid colon. The sigmoidoscope contains a light on the end, and provides a means of direct visualization and possible tissue extraction from an abnormal area of the colon.

Flexible sigmoidoscopy is widely used in screening for colorectal cancer. Colorectal cancer is the second leading cause of cancer death in the United States. The recommendation is a screening flexible sigmoid every 3-5 years after age 50 or sooner if symptomatic.

During the exam you may experience a pressure type feeling, which will usually last less than 20 minutes. Some patients may feel bloating and bowel distention, which is a result of the air being inflated into the bowel during the procedure. Flatulence (gas) is common.

There is a less than .01% risk of a perforation "hole" in the intestine as a result of this procedure. If this happens, major surgery to repair the hole may need to be performed. Another complication which rarely occurs is bleeding.

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## INSTRUCTIONS

### DAY BEFORE EXAM:

- \* Obtain 2 Fleet ready-to-use enemas (NOT MINERAL OIL)  
(these may be purchased at a pharmacy or grocery store)
- \* 30 minutes before retiring for the night, use one Fleet enema. Use this while lying on your left side and hold for 10-15 minutes...then expel.

### DAY OF EXAM:

- \* If you chose to take anything orally, you may have liquids only.
- \* 30 minutes before leaving your home for the exam, use the second Fleet enema following the same instructions as above.
- \* Unless otherwise instructed, you can take your usual morning medications at your scheduled times.

Park at the Ambulatory Surgical Center/Eye Institute. Check in at the surgery Waiting room on the 1<sup>st</sup> floor. (Next to the optical shop.)

OR

Park at West Florida Hospital main entrance (Davis Hwy side). Check in at the Information Desk on the First Floor.

ON: \_\_\_\_\_ AT: \_\_\_\_\_

**IF YOU HAVE ANY QUESTIONS PLEASE CALL**

**VICKI WANNON, DR CALVIT'S OFFICE**

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**474-8428 OR 1-800-874-4542 ext. 8428**