

## What is a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy is a procedure that allows your physician to examine the lining of your rectum and a portion of the large intestine (colon). A small flexible tube (colonoscopy) about the thickness of your index finger with a bright light at its tip is gently inserted into the anus and advanced into the colon. The video camera on the scope transmits images of the inside of the colon to a monitor allowing the physician to examine the colon lining for any disease or abnormalities such as inflamed tissue (colitis), polyps, ulcers, and bleeding.

## Preparation

To allow a clear view, the rectum and lower colon must be completely emptied of stool for the procedure. If it is not, certain areas may not be seen and may result in inaccurate findings. In general preparation for a flexible sigmoidoscopy consists of using 2 fleet enema bottles, with specifics of preparation pending on the time of your procedure. **Follow your physician's instructions carefully.**

## What To Expect Before, During, and After Your Flexible Sigmoidoscopy

Prior to the procedure you will be called and asked questions regarding your medical history and the reason for having the flexible sigmoidoscopy. On the day of your procedure the nurse getting you ready will review this information and answer any questions you might have about the test. She will then start an IV; your driver must be in our waiting area at this time.

In the procedure room our nurse anesthetist will go over the anesthesia with you. You will then be asked to lie on your left side and anesthesia will be given. After you have been sedated your physician will examine your anus with his finger (digital exam) to check for any abnormalities. Then, the physician will gently insert the lubricated colonoscope through your anus into your colon. The procedure usually lasts 10 to 20 minutes. If your physician sees an area that needs further evaluation he may take a biopsy, (a small sample of tissue that can be examined under a microscope) this is painless. Polyps are generally removed by cutting and cauterizing (burning) and then sent for examination. Results usually take 7-14 days. Biopsies do not imply cancer and the majority of polyps are non-cancerous. The removal of polyps is one of the best means of preventing colorectal cancer. If there is bleeding in the colon, it can be treated with cautery, or medication.

After your procedure, you will return to the recovery area. During this time, your physician will explain the results of your flexible sigmoidoscopy. You and your driver will be given discharge instructions, which include diet, medication and activity restrictions. You will not be able to drive, operate machinery, drink alcoholic beverages, make any critical decisions such as signing legal documents, or do anything that requires you to be alert and coordinated until the following day. Total time in the center for your procedure is usually around two hours. A responsible adult must be available to drive you home as the sedation impairs your reflexes and judgment.

## Colonoscopy Checklist:

- ✓ Arrange for a responsible adult to stay during your procedure and drive you home after discharge. Your procedure will be cancelled if the above is not followed.

- ✓ Follow diet instructions
- ✓ Do not drink after the time specified in your instructions.
- ✓ Follow medication instructions that were given
- ✓ Wear loose, comfortable clothing.
- ✓ Do not bring jewelry and other valuables.
- ✓ Contact us if you experience any change in your health before the procedure. If you have a minor elevation in your temperature, a cold or cough, please let us know. (717) 217-4312

## Arrival

The Chambersburg Endoscopy Center is located inside your physician's office at 835 5<sup>th</sup> Avenue Chambersburg.

The Chambersburg Endoscopy Center is a physician owned facility and the physicians have a financial interest in this center. You are free to have your procedure done at an alternative facility if you choose. This choice will in no way affect your relationship with your physician

