

The Doctors Clinic Ambulatory Endoscopy

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Flexible Sigmoidoscopy – A flexible scope is inserted into the rectum and used to examine the rectum and sigmoid areas of the colon. Sedation is not used for this type of procedure.

How is the test performed?

No sedation is used for this type of exam. You will lie on your left side. The scope will be inserted into the anus and the lower portion of the colon will be examined. The colon will be insufflated with air during the exam, so you may experience some cramping and/or bloating both during and after the procedure.

The exam usually takes 5-10 minutes. The physician will take biopsies (removal of tissue) and/or remove polyps (abnormal tissue growth) if needed during the procedure. Biopsies may be taken for many reasons and does not necessarily mean cancer. After the exam, you will be transported to the recovery area where you will get dressed and are allowed to leave as soon as you are ready. It is normal to have a bloated feeling and pass gas after the exam.

Preparation

The colon must be completely clean of any stool and debris for adequate visualization of the colon. You will receive instructions as to which laxative prep you will be requested to consume, this will clean out the colon. The preparation may consist of a laxative and/or two enemas. Please follow the instructions provided to you by our office. You may eat a normal breakfast and light lunch the day prior to the procedure. You will begin a clear liquid diet in the afternoon the day prior to your procedure. A clear liquid diet will consist of: Jell-O, juices, broth, tea, coffee with no cream and/or dairy products and popsicles. The clear liquids should not contain any red or purple dyes.

If you take any diabetes medicine or anticoagulant medicine you need to talk with your physician prior to the procedure.

Please follow all of the prep instructions given to you by our office. No Plavix, Aggrenox, Ticlid, Aspirin, Baby Aspirin, Alka Seltzer or Non-Steroidal Anti-Inflammatory Medications such as Ibuprofen, Motrin, Aleve and Advil 5-7 days prior to your procedure. **No** Coumadin (Warfarin), 3 days prior to the procedure. You may take Tylenol as needed prior to your procedure. Lovenox or Fragmin should be used the day of the procedure. If you are under the care of a Cardiologist, PLEASE CALL him/her before stopping any medications.

Diabetics: Please consult your primary care physician on how to handle your medications and diet. Follow any specific instructions given to you by our office.

If you must cancel your appointment please notify our office 48 hours in advance so that we may adequately prep someone to take your place. Please call our office with any questions you may have regarding your preparation instructions.