

Gastroenterology Consultants of Long Island, PC

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FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

DATE: _____ TIME: _____

You have been scheduled for a Flexible Sigmoidoscopy. This information sheet will attempt to describe what the procedure entails, as well as inform you of how to best prepare for the procedure.

In addition, it will hopefully answer any questions you might have regarding this examination. If there are any questions remaining after reading these instructions, please call the office.

WHAT IS A FLEXIBLE SIGMOIDOSCOPY?

A Flexible Sigmoidoscopy is a diagnostic procedure, which allows the doctor to visualize the lining of the last part of your large intestine (known as the sigmoid colon and rectum). This is accomplished using a flexible sigmoidoscope, a thin flexible tube with a light at the end. If the doctor sees an abnormality, he can pass an instrument through the flexible sigmoidoscope and take a small piece of tissue (biopsy) for examination. Taking a biopsy is painless.

PREPARING FOR THE TEST.

An important aspect of the test occurs prior to the actual day of the exam. Because flexible sigmoidoscopy involves looking inside of the intestine; part of your colon must be cleansed. In order to accomplish this task, the following instructions must be followed:

1. On the day prior to the procedure, purchase a bottle of Magnesium Citrate and a Fleet's enema. Drink the Magnesium Citrate late in the afternoon (4:00pm). You are to have a clear liquid dinner. Administer the Fleet's enema before going to bed. Save the bottle.
2. On the morning of the exam you may have a small clear liquid breakfast. Administer 2 tap water enemas before coming to the office for your procedure. (screw the top off the fleet enema bottle, fill it with tap water, administer it and repeat a second time.)

CLEAR LIQUID DIET CONSISTS OF THE FOLLOWING:

Water	Gatorade (not red)	NO SOLID
FOODS		
Apple Juice	Plain Jello (not red)	NO COFFEE OR TEA
Seltzer	Italian Ices (no red)	NO LEMONADE
White Grape Juice	NO MILK OR MILK PRODUCTS	NO GUM
Sprite	Ginger Ale	Bouillon or
Clear Broth		

*** There are no exceptions, Patients may only have what's on this list***