

PREPARING FOR YOUR FLEXIBLE SIGMOIDOSCOPY

Purchase the following supplies at your local pharmacy:

2 – FLEET Saline Enemas

PREPARATION FOR FLEX SIG

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you develop COVID-19 after you schedule this appointment, please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Transportation:

You must arrange for a responsible person to escort you to your procedure. Your responsible person will not be allowed to stay in the facility and will be notified when to join you in the recovery room. A taxi ride is not an option unless you are accompanied by a responsible person. If you fail to arrange transportation with a responsible person, your procedure will be canceled and rescheduled.

Day of your procedure:

- There are no dietary restrictions.
- Continue all medications as usual.
- **1 ½ hours before leaving for your procedure:**
 - Rectally administer the 1st Fleet enema
- **1 hour before leaving for your procedure:**
 - Rectally administer the 2nd Fleet enema

Bring the following to your procedure:

- Insurance Card / Photo ID
- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

DESCRIPTION OF FLEXIBLE SIGMOIDOSCOPY

What is flexible sigmoidoscopy?

Flexible sigmoidoscopy is a procedure that allows your physician to examine the lining of the rectum and a portion of the colon for abnormal growths or tissue. During this procedure, the doctor inserts a flexible, hollow tube called a sigmoidoscope into the anus and advances it slowly into the rectum and lower colon. If abnormal tissue is found, the doctor may remove a sample for further examination or biopsy.

What should I expect during a flexible sigmoidoscopy?

Plan to spend up to 1½ hours at the endoscopy center the day of your procedure. The procedure itself takes from 5 to 15 minutes to complete. Pain medication and/or sedatives are not generally needed for this procedure.

Before the Procedure:

Your medical history will be reviewed with you by your health care team including a nurse and your gastroenterology physician.

During the Procedure:

If abnormal tissue or polyps are found, the physician may remove them through the scope for closer examination or biopsy.

What should I expect after a flexible sigmoidoscopy?

The physician will talk with you about the initial results of your procedure and will prepare a full report for the healthcare provider who referred you for the procedure. You may have some cramping or bloating after the procedure which is normal and should disappear quickly by passing gas. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 5-7 working days for you to be notified of the results by mail or through the Patient Portal.

What are the possible complications with flexible sigmoidoscopy?

Although serious complications are rare, any medical procedure has the potential for risks. Risks from the procedure include perforation, or a tear through the lining of the colon, bleeding from a biopsy site, heart and lung problems, and eye injuries.