

Flexible Sigmoidoscopy Preparation

FLEXIBLE SIGMOIDOSCOPY:

Sometimes referred to as a FLEX-SIG, enables the physician to look at the inside of the large intestine from the rectum through the last part of the colon, called the sigmoid. Physicians may use the procedure to find the cause of diarrhea, abdominal pain, or constipation. With flexible sigmoidoscopy, the physician can see intestinal bleeding, inflammation, abnormal growths, and ulcers in the descending colon and rectum.

Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

Procedure Preparation:

- Purchase 2 Fleet enemas from the drug store.
- Approximately 2 hours prior to your appointment, you will give yourself the first enema. Try to hold the liquid in for 15 minutes. If this is not possible, at least 5 minutes is acceptable.
- Follow the same instructions for the second enema, an hour later.
- There are no dietary restrictions prior to having the test.

Day of Procedure:

- Take any currently prescribed heart or blood pressure medications with a sip of water.
- If you are diabetic, you can take your medications the day before the procedure. If you are insulin dependent, you can take a 1/2 dose the evening before the procedure. **DO NOT** take medications the day of the procedure.
- Plan on being at the facility for approximately 1 1/2 hours.
- This procedure is usually preformed without sedation; therefore you will not need someone to drive you unless otherwise told.

Procedure
Date: _____

Check-In
Time: _____

Location: _____ **TEXAS HEALTH HARRIS METHODIST H.E.B. HOSPITAL**
1600 Hospital Pkwy Bedford, TX 76022
(Go to the Admissions Desk in the Main Lobby)
_____ **DIGESTIVE HEALTH CENTER OF BEDFORD**
1600 Central Drive, Suite 300 Bedford, TX 76022