

Flexible Sigmoidoscopy

Sometimes discovering the cause of bowel problems requires a look inside the body. That's why your doctor has asked you to undergo a flexible sigmoidoscopy.

The Basics

A flexible sigmoidoscopy is a procedure in which an endoscope—a flexible tube with a video camera at its tip—is inserted into your rectum to examine the lower 2 feet of your large intestine, which includes your rectum and lower colon.

This examination is typically given to evaluate complaints of rectal bleeding, constipation, diarrhea and pain in the left lower quadrant or pelvis.

How to Get Ready

Since it is important for your doctor to have a clear view of your colon during the examination, you will be asked to use a Fleets enema 2 hours prior to the examination. (You should repeat this procedure if you do not get good results.)

During the Examination

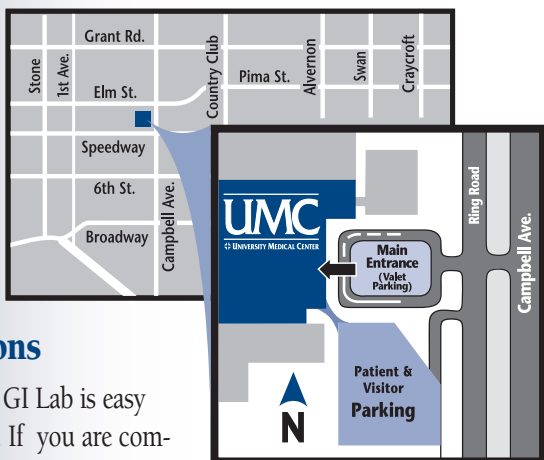
Please dress in loose fitting, comfortable clothing for the procedure and leave your jewelry and valuables at home. *UMC is not responsible for lost articles.*

Flexible sigmoidoscopy is a fairly quick procedure with minimal complications. Usually, patients are not sedated for this procedure. Any sensations you feel will be similar to those prior to a bowel movement. During the procedure, you will be asked to lie on your left side while the doctor inserts an endoscope into your rectum. The doctor may insert air

into your colon to gain a better view of the interior; this may cause mild discomfort. If tumors or polyps are found, they will be removed for examination by a pathologist.

Aftercare

The results of your flexible sigmoidoscopy will be available within a week. If you do not get a call within 7-10 days, please call 626-6119 (option 4). If there are any abnormalities in your test, your doctor may recommend a full colonoscopy.



Directions

The GI Lab is easy to find. If you are coming via I-10, get off the freeway at either the Speedway or Grant exits. Continue east until Campbell Ave. We're located at 1501 N. Campbell, which is north of Speedway and south of Grant.

Enter the hospital campus off Campbell Ave. and park in the visitors' garage. Bring your parking ticket with you to be validated so your parking is free. Enter UMC through the front doors, walk past the main elevators, and turn right. Follow that hallway until you see room 2801.



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General Information: 520-694-3636

Appointment or Cancellations Line: 520-694-8888

GI Lab Test Results Line: 520-694-6119 (Option 4)

Education RN: 520-694-3629