

Greg S. Cohen, MD
Northwestern University Feinberg School of Medicine
Department of Medicine – Division of Gastroenterology
676 North St. Clair Street Suite 1525
Chicago, IL 60611 (312) 695 – 4452

Outpatient Flexible Sigmoidoscopy (Flex Sig) Instructions

Your procedure is scheduled for _____, _____ at _____ AM/PM.
Please arrive 45 minutes early (_____) in order to register and prepare for your exam.

Diagnosis: _____

To ensure that the physician may make the most accurate inspection possible, **please read carefully** all the instructions TODAY and at least one week before your procedure and follow the instructions exactly. Failure to do so may result in the need to reschedule your procedure. If you have questions please call 312-695-4452 Monday – Friday, 8:00 am – 4:00 pm. After hours, we can be reached at 312-649-2535. **If you need to cancel, you must call with at least 48 hours notice in order to avoid a “no show” fee.**

ABOUT THE FLEXIBLE SIGMOIDOSCOPY

This procedure is an endoscopic examination of the left side of your colon by a physician. A thin, flexible tube with a video camera at the tip is used to examine the colon. If necessary, a small piece of tissue (biopsy) can be removed for further examination under a microscope. If a polyp is found, you may need to be rescheduled for a complete colonoscopy in order to remove it. The test will take approximately 15-20 minutes to complete. Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure. This test is usually performed with no anesthesia, but I.V. sedation can be given if special arrangements are made ahead of time (i.e. if I.V. sedation is given you will need an adult to drive you home from the test, and you will not be able to return to work until the day after the procedure).

Make certain that all of your managed care documents are obtained from your primary care physician. It is the patient’s responsibility to contact his/her insurance company to pre-certify for the procedure, regardless of the type of insurance that you have.

The procedure will be done at the Galter Pavilion, 675 N. St. Clair St., on the 4th floor. You are reminded that you are to arrive 45 minutes prior to your scheduled examination.

REMINDER

1. You need to purchase your 3 Fleet enemas. This item is available at your local pharmacy or can be purchased in the hospital pharmacy.
2. Wear comfortable, loose fitting clothing that is easy to step into and out of. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables with you.

ONE WEEK BEFORE YOUR SIGMOIDOSCOPY

1. Avoid eating foods that contain seeds, nuts, hulls, berries, or kernels (such as popcorn, poppy seeds, tomatoes, cucumbers, etc.).

DAY BEFORE YOUR SIGMOIDOSCOPY

1. On the evening before the test, eat a clear liquid supper. Clear liquids include water, black coffee, tea with sugar, clear broth, bouillon, and clear juices such as apple or cranberry juice (no juices which contain pulp), ices, popsicles, and plain jello.
2. Before going to bed, give yourself one Fleet enema. Please follow the instructions on the box. It is important to try and hold the fluid for at least 10 minutes before emptying your bowel.

DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY

1. On the morning of the examination, one or two hours before your appointment, give yourself the 2 remaining Fleet enemas. Take one, holding the fluid for at least 10 minutes. Expel the fluid and stool and repeat the process with the final enema. It is important to retain the fluid for 10 minutes to allow the bowel to be cleansed.
2. Eat a clear liquid breakfast. If your appointment is in the afternoon, you may continue on clear liquids until your appointment time.
3. Medications: You may take any early morning medications. If you take insulin, please check with your doctor about dosage adjustment for the day before the procedure and the day of the procedure. Please check your blood sugar at home before coming for the test.
4. After arriving at the hospital, make one more attempt to empty your bowel.
5. You may brush your teeth, but do not swallow any water.
6. You may take your usual medications with small sips of water. If you use inhalers, prescription eye drops or nasal sprays, you may take them as you would normally and then bring them with you.