



**Carolina Digestive Diseases**

**& ENDOSCOPY CENTER**

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## **Flexible Sigmoidoscopy Prep w/Enema**

To help determine your medical treatment, you have been asked to undergo a procedure called a flexible sigmoidoscopy, which is an examination of the rectum and sigmoid colon.

The procedure is performed using an instrument called a flexible sigmoidoscope. This narrow tube is passed into the rectum and sigmoid colon. By looking directly at the lining of the intestine, your doctor may be able to diagnose your illness and plan specific treatment.

To obtain the best possible exam, the lower colon must be free of stool. You will need to purchase over the counter: **Two (2) Fleets Enemas**. **At 7pm, on the evening before your procedure, administer 1 (one) Fleet enema per packaging instructions. No solid food after this. You may have clear liquids only starting at the time of this first enema and for the remainder of evening. Two (2) hours before your arrival time listed below, administer the second Fleet enema.**

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT AND NO BREAKFAST THE MORNING OF YOUR PROCEDURE!**

While you are lying on your left side, a rectal exam will be done by the doctor. The instrument will then gently be passed through the rectum to examine the lower large bowel. You may feel some cramping from the air inserted. This procedure is quick and well tolerated with or without medication. Mild bloating after the procedure will pass within a few hours.

**YOU MUST HAVE SOMEONE WITH YOU TO DRIVE!**

**Appointment Date:** \_\_\_\_\_

**Please report to** \_\_\_\_\_

**At** \_\_\_\_\_

**Your procedure is scheduled to begin at** \_\_\_\_\_

Please call our office if you have any questions!

**\*\*\*A \$150 fee is applied for any cancellations, reschedules or no shows made within 48 business hours of appointment time\*\*\***