Your doctor has scheduled you to have a flexible sigmoidoscopy (“Flex Sig”) exam. This is a test that allows your gastroenterologist doctor to check the lining of the rectum and lower colon.

**What will happen during a flexible sigmoidoscopy?**

Your gastroenterologist will check your anus with a gloved finger and some lubricant. A videoscope will then be inserted into your anus. It will be slowly moved to your lower colon. A videoscope is a small flexible tube that has a small light and a camera on one end. Pictures from the camera can be seen on a monitor. If needed, small tools may be placed into the videoscope. This is done to take tissue samples for a biopsy or to remove small abnormal growths (polyps). Air will be added to help make the bowel larger. You may feel some pressure from this air. You may also have some minor bloating or cramping during the exam. These symptoms will go away once the scope is removed. The exam takes about 20 minutes.

**Clear liquid diet**

- Your colon must be completely empty and clean in order to get the correct results from your colonoscopy.
- One day before your procedure and before drinking the bowel prep solution, your doctor will place you on a clear liquid diet.
- A liquid is considered clear if you can read through it.

Use this simple test to see if you can figure out what to drink, and what not to drink.

**Can you read the newspaper?**

- This is orange juice. Orange juice is not clear because you cannot read the newspaper through it. **DON’T DRINK THIS**
- This is apple juice. Apple juice is clear because you can read the newspaper through it. **YOU CAN DRINK THIS**
These drinks are **OK**

- Soda pop, ginger ale, and club soda
- Water and mineral water
- Black coffee (No cream or milk)
- Clear sports drinks
- Apple juice
- Tea

These drinks are **NOT OK**

- Milkshakes
- Coffee with cream
- Pineapple juice
- Orange juice
- Milk or dairy drinks
**Flexible Sigmoidoscopy Prep Instructions**

**These foods are OK**
- Honey or sugar
- Clear chicken, beef or vegetable broth
- Yellow or Green Jell-O

**These foods are NOT OK**
- Soup
- Grapefruit juice
- Tomato Juice

*It is important that while you are on the clear liquid diet that you do not drink or eat anything that has a red, orange or purple color.*
WHAT TO DO BEFORE YOU HAVE A FLEXIBLE SIGMOIDOSCOPY

For the best possible exam, the lower colon must be cleaned of stool. Please follow these instructions carefully.

You will need to buy:
Dulcolax® (Bisacodyl) 5 mg x 2 tablets
Two (2) Fleet “Ready to use enemas” with sodium phosphates (not mineral oil).

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| At least 7 days before your procedure | • You will receive a reminder about your upcoming appointment.  
• This procedure can be done with or without sedation.  
• If you are taking Coumadin (Warfarin), please talk directly with the Coumadin Clinic.  
• The Coumadin clinic will advise you on how and when to stop your Coumadin and if an alternative blood thinning medicine is required. | • Please confirm appointment and contact us right away if you cannot keep your appointment.  
• If you want sedation, you MUST arrange for a responsible adult to drive you home as you may not drive home yourself after the procedure. You may NOT take public transportation, taxi or walk home. You must have a driver with you at check in. Your driver must stay in the unit during your entire exam.  
• You will not need a driver if you are planning to have this procedure without sedation. |

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|                              | • If you are taking Plavix (Clopidogrel), stop 5 days before your flex sig if advised by your doctor.  
• If you are taking Coumadin (Warfarin), stop 5 days before your flex sig if advised by the Coumadin Clinic. | • If you take aspirin or other NSAIDs such as ibuprofen (Advil, Motrin, Celebrex) you may continue to take as usual. Tylenol does not need to be stopped. |

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<td>• If you are taking Pradaxa, stop 2 days prior to your flex sig if advised by your doctor.</td>
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| 1 Day before your procedure | • Start a clear liquid diet.  
• In the evening, take two (2) Dulcolax tablets by mouth | • Clear liquid diet: clear juice, bouillon, Jell-O, soda, tea, black coffee, water or popsicles. You may NOT have any solid foods. |
| Day of your procedure | • Take all prescribed medicines as usual with a small sip of water  
• Two (2) hours before your appointment, take the first enema. Hold enema as long as possible, expel it, then wait 10 minutes and take the second enema.  
• If, after the second enema, the fluid from your rectum is not clear, fill the empty bottle with warm tap water and repeat enema.  
• Do not apply any lotions or creams to your chest or abdomen  
• Check in at your scheduled arrival time with your driver.  
• You will be asked to review and sign a consent form on the day of the procedure. This gives your doctor permission to perform your sigmoidoscopy. Please read this form carefully and ask questions if anything is not clear.  
• If you are planning to have your sigmoidoscopy with sedation you may not have anything to eat or drink for at least three (3) hours BEFORE your arrival time. | • Continue ALL blood pressure medicines.  
• Do not take your diabetic medicines or insulin the day of the procedure. Check your glucose level often throughout your prep and day of the procedure.  
• To take the Fleet’s enema, lie on your left side and place the enema tip into the rectum. Please try to hold the enema for at least 10 minutes.  
• You may repeat water enemas until the fluid expelled is clear  
• Do NOT take any blood thinners (Coumadin, Plavix, Pradaxa, Lovenox)  
• Ok to continue with aspirin |
How do I know if my prep is working?
Look at these examples of stool colors. You want your stool to be clear.

• After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5.

• However, if your bowel movements are solid or look like pictures #1, #2 or #3 you are probably not prepped and will need to cancel your procedure.

1 Dark and murky. NOT OK
2 Brown and murky. NOT OK
3 Dark orange and semi-clear. NOT OK
4 Light orange and mostly clear. ALMOST THERE
5 Yellow and Clear, like urine. Finish ALL of your prep and YOU’RE READY

Additional Information
If you must cancel your procedure, please do so at least 7 days prior to your scheduled appointment date:

• Please call the Falls Church Endoscopy Cancellation Line at (703) 237-4040 (leave a message)

Questions?
• Falls Church Gastroenterology Office (703) 237-4442
• Springfield Gastroenterology Office (703) 922-1313

After Hours
• Nurse’s Advice Line (703) 359-7878

Where to go
Falls Church Kaiser Permanente Medical Facility
201 North Washington Street
Falls Church, VA 22046
Endoscopy Suite is in the lower level