Flexible Sigmoidoscopy Preparation Instructions

Your appointment is scheduled on ________________ at _____________ a.m. / p.m. in the procedure room located on the 2nd floor of the Medical Office Building on 1200 El Camino Real, South San Francisco.

☐ Please register fifteen minutes prior to your appointment
☐ Please make every effort to keep this appointment. To cancel an appointment or if you have questions, please call (650)742-2230.
☐ If you must cancel your appointment, please do so at least 3 days prior to the procedure.
☐ Please pick up your bowel preparation prescription from the Kaiser Permanente Outpatient Pharmacy. Your physician has sent your prescription electronically to the Pharmacy.

IF YOU DO NOT FOLLOW THESE DIRECTIONS, YOUR COLON WILL NOT BE CLEAN AND THE TEST CANNOT BE DONE.

Medications: Please take your regularly prescribed medications.
**DO NOT USE** Pepto-Bismol® or iron pills for 7 days prior to the procedure.

Preparation

You will need to start your preparation on ________________ at _____________ a.m. / p.m.

Your meals should consist of clear liquids only--- such as bouillon, clear soup, clear juices, Jell-O (but not red or orange Jell-O), and clear soft drinks. Patient should not have anything that is RED or ORANGE in color, and must not eat solid foods. Patients with diabetes can drink three (3) cans of Ensure the day before the test.

➢ In the morning, add four (4) quarts of warm water to the mark on your bowel preparation bottle. The cap should then be placed back on securely to avoid any leakage.

➢ Shake the bottle vigorously to dissolve the power.

If you are adding flavor to mask the taste, please ensure it is Sugar-Free flavoring such as Crystal Light Lemon. (Please do not use any other flavoring such as fruit punch, orange, etc.)

➢ **Place the bottle in the refrigerator.**

➢ At 7:00pm begin drinking 10 ounces of the bowel preparation every 10 minutes until the bottle is completed. It is best to drink each portion rapidly and rest 10 minutes rather than drinking continuously. You may develop nausea, bloating and cramps. Loose stools will develop and result in cleaning the bowel.
Continued
You may take your usual medication unless otherwise instructed.

☐ If you are on insulin, take ½ of your usual dose in the morning or check with your Primary Care Physician.

☐ Wear comfortable clothing. You will be asked to undress from the waist down.

☐ For Diabetic patients: You may take Ensure or juice or a piece of dry toast the day of your procedure.

The Procedure

Flexible sigmoidoscopy is performed with the patient lying on the left side with the legs drawn up. A sheet is placed over the lower body. A finger or digital exam of the anus and rectum is performed. Then the endoscope is gently inserted into the rectum. Air is inflated into the bowel to expand it and allow for careful examination. The patient will usually feel a slight discomfort similar to gas cramps. The endoscope is then advanced into the lower colon. If polyps are present biopsies may be taken. The exam usually takes from 5 to 15 minutes.

After the Procedure

☐ You may feel bloated after the procedure. Passing gas will lessen the discomfort.

☐ You will be able to resume your usual diet and activities.

☐ You may be with us for 1-3 hours depending on the test.

☐ If biopsies are taken you will be advised of the results within a week.