

Middlesex / Monmouth Gastroenterology

Preparation for Flexible Sigmoidoscopy

What is a Flexible Sigmoidoscopy?

Sigmoidoscopy is a procedure used to view the lower colon. This test can help find the source of abdominal pain, bleeding and changes in bowel habits. It is done using a sigmoidoscope, a flexible tube with a viewing lens and light.

The Lower Colon:

The anus, rectum and sigmoid colon form the descending colon (large intestine). The colon removes fluid from digested food, leaving stool. The rectum stores stool until it passes out of the body through the anus. Problems in the lower colon include hemorrhoids, inflammation, polyps and cancerous growths.

Your lower colon must be completely empty for the test, so be sure to follow your preparation exactly. Otherwise, the test may need to be rescheduled.

One (1) Week Before Your Procedure

Be sure to tell your doctor about any medications you take or any health conditions you may have. (Blood thinners, bleeding problems, artificial heart valve or congenital heart disease)

Purchase the following at your local pharmacy:

Two (2) Fleet enema kits.

Three (3) Days Before Your Procedure

Stop taking any NSAIDs (anti-inflammatory medications) such as Advil, Aleve, Motrin, aspirin, Celebrex unless taken for vascular or heart disease.

The Day of Your Procedure

Complete two (2) Fleet enemas (one after the other) 60 minutes before leaving home for your procedure. Follow the directions on the Fleet box.

Take any medications as usual the morning of your procedure.

Do not wear any jewelry to the Center.

Please follow these instructions carefully. If you are unsure of anything that needs to be done, do not hesitate to call our office (732-577-1999). Failure to follow the preparation correctly may result in an inconclusive study that will need to be repeated.