

## **FLEXIBLE SIGMOIDOSCOPY Information and instructions**

Flexible sigmoidoscopy (MBS Item No 32084) is a procedure to examine the rectum and the lower (sigmoid) colon. The flexible sigmoidoscope is inserted gently into the rectum and sigmoid colon. You will have a light sedation.

### **Preparation Instructions**

In order to obtain accurate results the rectum and sigmoid colon must be clear of stools. In general this requires an enema prior to the procedure and will be administered on admission. The procedure will take about 20 minutes.

An empty stomach is essential for a safe examination, so you should have **nothing to eat for six hours before the examination**. You may drink small amount of water up to 2 hours before the procedure. You may take your usual medications with a sip of water at least 2 hours before the test, unless instructed otherwise by your doctor.

**Please advise us if you are taking medications for diabetes or blood-thinners as they may need to be stopped up to 1 week prior to the procedure.** If you are on iron tablets these should be stopped 3 days prior to the test. You can continue taking Aspirin.

**Someone must accompany you home** from the procedure because of the sedatives used during the examination. A responsible adult must stay with you overnight. Even if you feel alert after the procedure, the sedatives can affect your judgment and reflexes for the rest of the day. **You must not drive until the next day.**