

Sigmoidoscopy Instructions

A sigmoidoscopy is an abbreviated exam of the colon to evaluate the rectum and last portion of the colon. Typically this is performed without any sedating medications and lasts only 10 minutes on average.

- If you do not receive sedating medications, you can drive yourself home and you can return to work the same day.
- If you are taking any blood thinner medications other than aspirin or NSAIDs, confirm with your gastroenterologist whether or not you can continue taking these medications for your procedure.
 - If your gastroenterologist wants you to discontinue blood thinners prior to your sigmoidoscopy, then contact the doctor who prescribes this medication. If these blood thinner medications need to be discontinued, they typically will need to be stopped between 2-5 days before your procedure depending on the specific blood thinner.
- If you take medications for diabetes, please contact the doctor who prescribes this medication. Depending on the specific medication, this may need to be stopped or the dose may need to be reduced the morning of your procedure.

7 Days Before Your Sigmoidoscopy

- Go to your pharmacy and buy:**
 - 2 Fleets enemas
-

The Day of Your Appointment

- Stop eating solid food 6 hours before your procedure. You can continue to drink clear liquids up until 3 hours before your procedure.
- 90 minutes before driving to the endoscopy center, administer 1 Fleets enema in your rectum while you lie on your left hand side. Hold this in your rectum for 10-15 minutes if possible. Then sit on the toilet and expel the fluid. Repeat this again with the second Fleets enema.
- Take your usual medications with a few sips of water unless you are told otherwise.
- Be sure to check the location of your procedure listed above. We look forward to seeing you!