

## **FLEXIBLE SIGMOIDOSCOPY**

\_\_\_\_\_  
DATE OF PROCEDURE

\_\_\_\_\_  
ARRIVAL TIME

\_\_\_\_\_  
TIME OF PROCEDURE

\_\_\_\_\_  
ESTIMATED TIME  
FOR PICK UP

**We require a 5 business day notification for cancellations and reschedules, or we charge a \$100 fee per procedure.**

### **( ) STANDARD PREP**

Obtain 3 Fleet's® Enemas (green box) from any local pharmacy. On the day of the procedure (1 ½ hours before scheduled sigmoidoscopy), one enema is to be given rectally while lying on one's side. After 10-15 minutes, expel contents into toilet and take second enema. Again, wait 10-15 minutes, expel contents, repeat a third time and come directly to the office.

### **WHAT PREP IS REQUIRED?**

The above mentioned prep is the preferred prep although in some circumstances, for example if you have acute diarrhea or colitis, your doctor may advise you to forgo any special preparation before the exam. The prep is to completely empty the rectum and lower colon of any waste material for the procedure to be accurate and complete.

### **( ) San Ramon Regional Medical Center**

**6001 Norris Canyon Road,  
San Ramon, CA 94583  
(925) 275-8261**

- Take **680 S** to the **Crow Canyon Road** Exit.
- Exit **Left** onto **Crow Canyon Rd.**
- Go **East (Right)** at **Alcosta** (4 stop lights).
- Turn **Left** onto **Norris Canyon Road.(1<sup>ST</sup> light).**
- Go straight up hill and hospital will be to your left.

Go to the **admitting** department to pre-register and check-in. Arrive 1-1/2 hour before procedure.

### **( ) Tresanti Surgical Center**

**5201 Norris Canyon Road,  
Ste #100  
San Ramon, CA 94583  
(925) 973-0605**

- Take **680 S** to the **Crow Canyon Road** Exit.
- Exit **Left** onto **Crow Canyon Rd.**
- Go **East (Right)** at **Alcosta** (4 stop lights).
- Turn **Left** onto **Norris Canyon Road.(1<sup>ST</sup> light).**
- Make immediate **Right**, then immediate **Left**.

First Building on the **Left** 5201 in Suite **#100**. Facility required pre-register. Arrive 45 minutes prior to your appointment time.

## **FLEXIBLE SIGMOIDOSCOPY**

BASS MEDICAL GROUP  
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5601 NORRIS CANYON RD.  
SUITE #240  
SAN RAMON, CA 94583  
PHONE: (925) 901-1303  
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## **WHAT IS A FLEXIBLE SIGMOIDOSCOPY?**

A flexible sigmoidoscopy is a procedure to examine the lining of the rectum and colon (large bowel) by inserting a flexible tube that is about the thickness of your finger into the anus and advancing it slowly into the rectum and lower part of the colon.

## **WHAT ABOUT MY CURRENT MEDICATIONS?**

Most medications can be continued as usual; however, drugs such as **Aspirin** OR **Anticoagulants** (blood thinners) are examples of medications whose use should be discussed with your doctor prior to the examination. It is also essential that you alert your doctor if you require **antibiotics** prior to undergoing dental procedures; you may need antibiotics prior to a sigmoidoscopy as well.

## **WHAT CAN BE EXPECTED DURING A FLEXIBLE SIGMOIDOSCOPY?**

This procedure is usually well tolerated and rarely causes much pain. There is often a feeling of pressure, bloating, or cramping at various times during the procedure. You will be lying on your side while the sigmoidoscope is advanced through the rectum and colon. As the instrument is withdrawn, the lining of the intestine is carefully examined. The procedure usually takes anywhere from 5-15 minutes.

## **WHAT IF THE FLEXIBLE SIGMOIDOSCOPY SHOWS SOMETHING ABNORMAL?**

If your doctor sees an area that needs evaluation in greater detail, a biopsy (sample of the colon lining) may be obtained and submitted to a laboratory for analysis. If polyps are found, they can be biopsied, but usually are not removed at the time of the sigmoidoscopy. Certain small polyps ("hyperplastic" by biopsy analysis) may not require removal. Your doctor will likely request that you have a colonoscopy (a complete examination of the colon) to remove any large polyp that is found, or any small polyp that is "adenomatous" after biopsy analysis. A colonoscopy can also check the remainder of your colon for the presence of other polyps.

## **WHAT HAPPENS AFTER A SIGMOIDOSCOPY?**

After a sigmoidoscopy, your doctor will explain the results to you. You may have some mild cramping or bloating sensation because of the air that has been passed into the colon during the examination. This will disappear quickly with the passage of gas. You should be able to eat and resume your normal activities after leaving the surgical center or the hospital.

## **WHAT ARE THE POSSIBLE COMPLICATIONS OF A FLEXIBLE SIGMOIDOSCOPY?**

Flexible sigmoidoscopy and biopsy are generally safe when performed by physicians who have been specifically trained and are experienced in these endoscopic procedures.

Dr. Rowe has undergone extensive training and is board certified in gastroenterology. Possible complications include a perforation (tear through the bowel wall) and bleeding from the site of a biopsy.

Although complications after flexible sigmoidoscopy are rare, it is important for you to recognize early signs of any possible complication.

## **CONTACT OUR OFFICE IF YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS:**

- Severe abdominal pain
- Fevers and/or chills
- Rectal bleeding of more than one-half cup.

It is important to note that rectal bleeding can occur even several days after a biopsy.