



Digestive Health Associates of Southwest MI, PC  
dba/Gastroenterology of Southwest MI  
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**NAME:** «Pt\_Full\_Name»

**DATE:** «Appt\_Date»                      **TIME:** «Appt\_Time»

**PROCEDURE: FLEXIBLE SIGMOIDOSCOPY**

You have an appointment with «Appt\_Prov\_Full\_Name» in the office.

Should any problems arise, if you must cancel your appointment, or have any questions, please call our office at (269) 349-2266 between 8:00am to 5:00pm.

**PREP:** Purchase two plain Fleets enemas at any drug store.  
2 hours before leaving home, use the first enema.  
1 hour before leaving home, use the second enema.

**DESCRIPTION:**

After careful medical assessment, your doctor has recommended that you have a flexible sigmoidoscopy. During this procedure, a flexible fiberoptic tube (sigmoidoscope) is passed through the rectum into the lower intestine (sigmoid colon). The doctor will examine the lining of the rectum and the sigmoid colon and to identify any abnormalities.

You will be asked to sign a consent form authorizing the doctor to perform the procedure.

During this procedure you will lie on your left side with your knees bent or on a special table which can be adjusted so you will be lying in a knee-chest position.

The doctor will examine your rectum with a gloved lubricated finger. Then he will insert the lubricated flexible sigmoidoscope which will give you a mild sensation of wanting to move your bowels. As the sigmoidoscope is carefully advanced through the rectum and sigmoid colon, the doctor will examine the intestinal lining for any abnormalities. A biopsy specimen (tiny bit of tissue) may be taken for microscopic examination. You will not feel any sensation or discomfort when the biopsy is performed.

You may feel some mild cramping or gas from the air that is introduced during the procedure. You may notice some mild lower abdominal pressure as the scope is advanced through the lower bowel. These sensations should be completely tolerable and not painful. Following the procedure the physician will discuss the findings with you.