

## **Preparing for the Flexible Sigmoidoscopy**

Flexible Sigmoidoscopy is an office procedure recommended by your physician in order to examine a lower portion of the colon (large intestine) with a flexible instrument. During the examination, air will be put into the colon through the instrument so that the doctor can better see the lining of the bowel. This may cause a feeling of fullness or some mild cramping. The test takes approximately 15-30 minutes and requires the following preparation:

### **Day before procedure:**

- You will need to purchase two (2) Fleet enemas from your local pharmacy/drugstore. Fleet enemas are over the counter and do not require a prescription.

### **Day of procedure:**

- Clear liquid breakfast. Examples: non-pulp juice, black coffee, teal broth, apple juice, clear gelatin, popsicles (with no fruit), and Gatorade.
- Two hours before you leave your home you need to administer the first Fleet enema and retain for 10 minutes.
- One hour before you leave home, administer the second Fleet enema and retain for 10 minutes.
- Arrive 30 minutes before your procedure.

**IMPORTANT: Please notify your doctor and our office if you have had a heart valve replacement or have a history of diabetes mellitus. DO NOT CONSUME ALCOHOLIC BEVERAGES**

## **Cancel appointments 24 hours in advance**

### **Outpatient Services**

To reschedule call (205) 996-4744, select option 1

For questions about your procedure call (205) 885-4744, select option 2

*If necessary, please verify with your referring doctor and/or insurance company concerning appropriate referrals, pre-certification, and co-pay amounts for your procedures. **Copays** will be collected at the time of check-in.*

### **Endoscopy Services**

To reschedule or for more information contact the Endoscopy Unit Scheduling Center at (205) 934-6895