

To prepare for your procedure (cont.):

- ◆ Lie in bed on your left side with the knees bent and instill the contents of one of the enema bottles into your rectum. Try to hold the entire contents for up to 15 minutes, or as close to 15 minutes as possible while in bed — lie for a few minutes each on your left side, on your back, on your right side and then on your stomach. After about 15 minutes, go to the toilet and evacuate your bowels.
- ◆ Go back to bed once again. Lie down on your left side and take a second enema just as you did the first enema following the same instructions for position changes. After 15 minutes, evacuate your bowels again. You should be seeing only clear liquid coming out of your rectum. If stool is still present at the time of the procedure, the procedure will have to be rescheduled.

When can I be discharged?

You can leave shortly after your procedure if you have not received any sedation and you are comfortable. The doctor must approve your discharge.

DIRECTIONS

[Endoscopy Suite,](#)
[Yale University Health Services](#)
Phone: 203-432-7324

Go directly to the 5th floor, take a left off the elevator and go to room 516
Endoscopy Suite.

[G.I. Procedure Center,](#)
[Yale New Haven Hospital](#)
Phone: 203-688-5458

Enter the main lobby of the Dana Clinic Building at 789 Howard Avenue. Just pass the "D" elevators turn right and walk down the long glass corridor. Turn right at the end of the corridor and go to the "C" elevators on your left. Take the elevator to the 3rd floor. Turn left off the elevator and immediately to your left you will see the entrance to the Procedure Center. Tell the receptionist that you have arrived. The security guards can direct you if you are having difficulty.

My Reminder:

Date: _____

Time: _____

Location: _____



*Yale University
Health Services
Endoscopy Suite*

What is a
sigmoidoscopy?

A Sigmoidoscopy is an examination to directly visualize the inside of your rectum and the lower part of your colon. This is made possible by looking through a special instrument which is a thin, flexible, soft tube with a light at the tip.

Special Instructions

If you have any of the following please contact your primary care clinician at least 7 to 10 days prior to your procedure as you may have to adjust your medications. You should also notify the nurse when you call for your procedure appointment.

- ◆ Mitral valve replacement
- ◆ Currently taking: Coumadin® or other blood thinners
- ◆ On dialysis

What will happen on the day of the test?

When you arrive for the test, a nurse will help you change into a hospital gown. We will ask you to sign a permission form for the test. Then, we will take you to the room where the doctor will do the sigmoidoscopy.

The room will be dark during the sigmoidoscopy. The tube will transmit images to a monitor where the doctor will see inside your colon. You might feel some cramping during the exam because of air that comes into the colon through the tube. The doctor may decide to take a small tissue sample or to remove some polyps. This is not painful.

After the procedure:

When the tube is removed, you may feel the urge to pass air out of your rectum. This is normal response and is encouraged to allow the bowel to return to its normal size. The doctor will discuss the findings with you at a later time. Biopsy reports take several days to return to your doctor.

Are there any risks?

Complications are rare. But when they do occur, they may include:

- * bleeding
- * making a hole in the colon
- * risk of missed lesions

If complications do occur, you may need to receive treatment or surgery. Please tell your doctor if you have pain, bleeding, black stools or fever after the test.

Do I need to prepare for my sigmoidoscopy?

Yes. It is very important to prepare for this exam. A nurse will call you prior to your procedure to review your medical history. You will need to purchase:

- ◆ 1 bottle of Magnesium Citrate
- ◆ 2 Fleet® Enemas

These can be purchased OTC (over the counter).

To prepare for your procedure:

- ◆ Take a bottle of magnesium citrate the evening before the examination unless you have clear watery diarrhea. You may feel some discomfort and have diarrhea as a result of the administration of the magnesium citrate. Allow a few unscheduled hours for the preparation.
- ◆ Take clear liquids only for breakfast the morning of the procedure, but do not have anything to eat or drink for **(4) hours** preceding the exam.
- ◆ If you normally move your bowels after breakfast, wait until you do so and then proceed with the following: