

FLEXIBLE SIGMOIDOSCOPY

Sigmoidoscopy is the visual examination of the inside of the lower colon (sigmoid) using a lighted, flexible, fiber optic scope. This procedure does not require sedation.

This test is a limited examination of only the lower colon. Colon polyps or cancer of the upper colon cannot be determined by this test.

If you have a family history of colon cancer or colon polyps, you may be at increased risk of cancer or polyps. You may need a more thorough test, a colonoscopy. Be sure and notify the medical staff if you have this history. Please call (615) 284-1335 for any questions you may have.

PREPARATION

Evening before test

- 1. Start with a clear liquid diet at 5:00 p.m. This diet consists of coffee, tea, soft drinks, jello, broth, and popsicles. No dairy products should be consumed.**
- 2. At 6:00 p.m., drink one 10 oz. bottle of Magnesium Citrate (this is available without a prescription in the laxative section of drug or grocery stores).**

Day of exam

- 1. Use one Fleet enema the morning of the test, before leaving home. (This is also non-prescription, found in the laxative section of any drug or grocery store).**
- 2. Continue the liquid diet until after the exam is over.**

After the examination, you will be able to return to work.

YOUR PROCEDURE IS SCHEDULED FOR
