

# Yale HEALTH

## Yale Health Plan Sigmoidoscopy Instructions

Date of Procedure:

Arrival Time:

Location of Sigmoidoscopy Procedure: 55 Lock Street- 4<sup>th</sup> Floor  
New Haven, CT 06511  
(203) 432-7324

### What is a Sigmoidoscopy?

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

### What are the risks?

Complications are rare, but they may include:

- Bleeding
- Making a hole in the colon
- Infection
- Risk of missed lesions

### What will happen on the day of the procedure?

- When you arrive for your procedure, a medical assistant will bring you to your bed in the Preparation/Recovery Room. You will change into a hospital gown. Next, a nurse will review your medical history. Lastly, the doctor will review the risks and benefits of the procedure with you; you may use this time to ask any questions relating to your medical history.
- In the Procedure Room, there will be two nurses and one doctor. They will perform a safety check before the procedure begins. You may feel some abdominal cramping; we encourage you to voice any discomfort you feel. The doctor may take some tissue samples; these samples will be sent to the laboratory for testing and you will receive these results in the mail.

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- After the procedure, a nurse will take you back to the Recovery Room where you will rest for a short time while we monitor your vital signs. You may leave when you are feeling well.

## CONTACT YOUR MEDICAL PROVIDER IF:

- Have had a mitral valve replacement
- Have kidney disease or are on dialysis
- Take Coumadin®, Plavix®, Xarelto®, or Eliquis®. Please contact your medical provider to see if these can be safely stopped before your procedure. Do not stop these medications without consulting with them first.
- Take any oral diabetes medication or short acting insulin. You may need to adjust your medications for glucose control.

## Before your procedure:

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

Please purchase:

- Two Fleet® enemas
- One Magnesium Citrate 10oz bottle

These can be purchased over the counter.

## Bowel Prep instructions:

### Evening before procedure:

Drink the bottle of Magnesium Citrate in the evening. This may cause some abdominal discomfort and diarrhea, so you should plan your evening accordingly.

### Morning of procedure:

- Take clear liquids only for breakfast the morning of the procedure, but do not have anything to eat or drink for **3 hours before** the exam.
- If you normally move your bowels after breakfast, wait until you do so and then proceed with the following:

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- Lie in bed on your side with the knees bent. Instill the contents of one Fleet® enema into the rectum. While keeping the contents of the enema in the rectum, alternate lying on your side, back, and stomach. Try to keep the contents in your rectum for 15 minutes, then you may use the toilet to release your bowels.
- Return to bed and repeat the process with the second Fleet® enema. After releasing your bowels, you should see only clear liquid coming out. If stool is still present at the time of the procedure, the procedure will need to be rescheduled.

## 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.

## 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.

## Cancellations:

Please call us to cancel or reschedule your appointment, you cannot cancel or request appointments using MyChart. A late fee will be applied if appropriate notice is not provided- see your schedule of benefits for details.

Note: If you have any questions about your upcoming procedure, please call

YHC Endoscopy Mon-Fri 8AM to 4PM at (203)432-7324

Or (After hours) YHC Acute Care at (203)432-0123