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Preparation for Flexible Sigmoidoscopy
(Over the counter- NO prescription required)

This procedure allows us to examine the lower third portion of the colon as well as the rectum. Many intestinal illnesses cause characteristic changes in this area. Thus, a great deal of information may be obtained from this relatively simple procedure. It is particularly helpful in evaluating the cause of rectal bleeding. Biopsies can be taken and polyps can sometimes be removed.

It is necessary to prepare by cleansing the lower bowel. The following regimen is usually satisfactory:

OBTAIN:

1. Bottle of Citrate of Magnesia.
2. Fleet Enema.

EVENING BEFORE THE PROCEDURE:

***At approximately 4:00 pm to 5:00 pm drink one bottle of Citrate of Magnesia. Once you start drinking this, **take no solid**.

***You must be on a clear liquid diet, clear liquids is any liquid you can see through. Examples are bouillon (plain broth), apple juice, ginger ale or Sprite, tea, black coffee (sugar allowed), Popsicles (NOT RED or ORANGE), Gatorade (any flavor-NOT RED OR ORANGE), Jell-O, (please do not eat RED OR ORANGE Jell-O).

***At bedtime, give yourself one Fleet Enema.

MORNING OF THE PROCEDURE:

***Take the second Fleet Enema. Repeat with tap water enemas after 15 minutes until the returns are clear.

***Continue clear liquids and take all your regular medications.

BEFORE THE PROCEDURE:

***You will be asked to sign a standard consent form and will have an opportunity to ask questions.

DURING THE PROCEDURE:

***You will be lying on the table on your left side and you will be aware of the tube in your rectum. You may feel some gas which should be expelled. **If a biopsy or other specimen is taken, the results will be available within 5 – 7 days to the doctor. If there is an abnormality, the doctor will notify you by telephone. If the results are normal, you will receive a letter from our office within 7 - 10 days. Please do not call the office for results.**

***The procedure is brief and usually requires no medications. You will be able to leave as soon as the examination is completed.

The procedure will be performed at:

Columbia University Medical Center
Herbert Irving Pavilion, (Dana Atchley Pavilion)
161 Fort Washington Avenue at 165th St.
Outpatient Endoscopy Suite
13th floor

Please arrive 30 minutes before your scheduled appointment time.

Thank you!