

# Flexible Sigmoidoscopy

DATE: \_\_\_\_\_

LOCATION: Northfield Hospital, Emergency/Surgery Center entrance

## Arrival

Please arrive at the hospital 45 minutes before your scheduled procedure time. When you arrive, come to the Emergency Department/Surgery Center entrance on the north side of the hospital. Please check in at the Surgery Center registration desk, go through the doors to the left once you enter the hospital. Inform the registration representative of your name and the procedure for which you are scheduled. The representative will notify the endoscopy staff of your arrival.

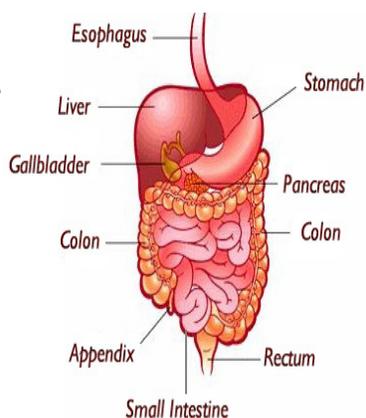
If you have questions about this exam, please call:

507-646-6000 (Monday–Friday, 8:00 a.m. to 4:30 p.m.)

507-646-1100 (After hours Emergency Department)

## About Your Flexible Sigmoidoscopy

A flexible sigmoidoscopy (“Flex Sig”) is a procedure that allows your doctor to examine the rectum, sigmoid colon and descending colon for abnormal tissue or growths. During the procedure, you will lie on your left side to allow your doctor to insert a flexible tube into the anus and advance into the rectum and lower colon.



The procedure is performed in a special endoscopy suite. The entire procedure, including pre-op and recovery, takes approximately 2 hours upon arrival. The actual exam normally takes approximately 5-15 minutes. Pre-medication is usually not necessary for this procedure.

If your doctor finds abnormal tissue, he or she may take a small sample for laboratory testing. The doctor may also remove any abnormal tissue or growths that may be present. Results of any laboratory testing are sent to your primary doctor within 7 to 10 days and will be shared with you.

## Preparing for Your Flexible Sigmoidoscopy

You will need to purchase 2 Fleet Enemas, which are available over-the-counter.

The morning of the exam:

ARRIVAL TIME: \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

- 1 1/2 hours before the appointment, rectally administer the first Fleet enema, hold for 10-15 minutes lying on left side.
- 1 hour before the appointment, rectally administer the second Fleet enema, hold for 10-15 minutes lying on left side.

There are no dietary restrictions for this procedure. You may take your usual medications unless otherwise advised by your doctor. Please make a list of your current medications and bring it with you on the day of your procedure.

**If you take blood thinning medications, please ask the doctor who manages these medications to see if you should stop taking them for a period of time before the procedure.**

## After the Exam

- Resume taking your medications unless otherwise instructed by your doctor.
- You may resume your regular activity the next day as you feel able.
- Resume your regular diet when you feel able.

Seek medical help if you experience:

- Severe nausea or vomiting.
- Continuous abdominal pain with or without bleeding.
- A temperature of 100.4 degrees Fahrenheit or greater.

## Anticipating Costs

Your out of pocket expenses for your procedure are determined by your individual insurance policy's benefits, your policy's deductible and coinsurance amounts, and by whether or not tissue, polyps or tumors are sampled or removed. Before your procedure, we encourage you to call your insurance company to tell them the procedure is billed as a hospital (not a clinic) outpatient service and to ask:

- Whether Northfield Hospital is in network
- What you can expect to pay if the findings are normal
- What you can expect to pay if tissue, polyps or tumors are removed / sampled

Northfield Hospital & Clinics will submit charges for the services you receive to your insurance company. Your insurance company will determine how much of the bill you will pay and how much they will pay. You will receive a bill from Northfield Hospital & Clinics for the amount you owe.