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: