

Flexible Sigmoidoscopy

- Your appointment is on: (date) _____ (time) _____
- With Dr. _____
- **YOU MUST ARRIVE AT:** _____ (45 minutes before scheduled time)
- You are scheduled to have your test done at:
 - RUSH-Downtown
 - RUSH-North Shore
 - RUSH-Oak Park Hospital
 - Lincoln Park Hospital

What is the test?

You will be having a testing called a flexible sigmoidoscopy, or flex-sig for short. During this test, the doctor will examine your colon with a special instrument called an endoscope. This instrument is a short, flexible tube, similar to a telescope, that lets the doctor clearly see the inside of your rectum and lower colon. If necessary, the doctor can take a tissue sample (biopsy), but you will not feel this. You will be in the doctor's office for one to two hours from the time you arrive until the time you are ready to leave. The test itself takes about 15 minutes.

How should I get ready?

1. To prepare yourself for this examination, you will need to use two fleet enemas, one the night before the test and one 2-3 hours before the procedure. Follow the package directions.
2. If your exam is in the morning, do not eat or drink anything after midnight. If your test is in the afternoon, you may have a clear liquid breakfast. Clear liquids include broth, Jell-O, clear soda, tea, fruit juice, popsicles and water. As a general rule, if you can see through the liquid, it is okay to consume. Avoid eating red Jell-O, as it may turn the stool red.
3. If you develop severe pain or bright red bleeding from the rectum or develop excessive bloating with no bowel movements, stop and call our office at (312) 942-5861.

What else should I know?

1. **If you have diabetes**, do not take your usual dose of Insulin or oral diabetes medication on the day of the exam. Check with your Primary Care Physician about your Insulin or oral medication dose. Please bring your Insulin and a syringe with you to the exam.
2. **Medications:** If you are taking any of the following medications, **you will need to be off these medications for 5 (five) days before the exam** if your Primary Care Physician agrees to it. Please check with your Primary Care Physician for instructions.
 - Aspirin, ibuprofen, arthritis medications or non-steroidal medications (such as Advil, Motrin, Celebrex, Vioxx or Bextra). *You may take plain Tylenol for pain.*
 - Comedian or other blood thinners
 - Iron pills, herbal medicines or supplements

- 3. Blood pressure, heart, asthma seizure or other medications** may be taken with small sips of water at 6:00 AM on the day of the exam.
- 4. Bring a list of your medications**, including the strengths, doses and when you take them, to the exam.
- Be sure that you tell the doctor or nurse if you have a heart murmur, an artificial heart valve, a pacemaker or a defibrillator, any artificial joints, or if you are pregnant.
- 6. If you cannot keep your appointment**, please call at least 72 hours in advance. Call 312-942-5861 to cancel or reschedule.

On the day of the test.

Plan to arrive **45 MINUTES** before your scheduled appointment time. Tell them you are having a flexible sigmoidoscopy. **Please bring:** your prescription, proof of insurance, a picture ID and your referral form (if your insurance requires it).

RUSH- Downtown

If your exam is scheduled at Rush University Medical Center: Go to Professional Bldg. II, 1725 W. Harrison, Elevator II, Suite 339. You will register there and the test will be done there. Notify the receptionist that you have arrived.

RUSH- North Shore

If your exam is scheduled at Rush North Shore: Go to presurgical services area located in the main lobby to register. The presurgical services staff will direct you to the endoscopy unit located on the first floor.

RUSH- Oak Park

If your exam is scheduled at Rush-Oak Park Hospital: Free parking is available on Wisconsin Ave. and Maple Ave. Enter at 520 South Maple. Register at outpatient registration, then take the "A" elevator to the 5th floor. Notify the receptionist that you have arrived. Notify the receptionist that you have arrived and have a seat in the waiting room.

Lincoln Park Hospital

If your exam is scheduled at Lincoln Park Hospital: Go to admitting on the 1st floor to register. After registering, proceed to the GI endoscopy unit. Take elevator A to the 2nd floor. Let the nurse know that you have arrived.

The exam

You will be taken to the procedure room. There, you will undress and put on a hospital gown. The nurse will ask you questions about your health and you will need to sign a consent that will allow the doctor to perform the exam. You will be instructed to lie on your left side. Your blood pressure, heart rate and breathing will be monitored by the nurse. You may feel bloated or need to pass gas during the exam because air is used to inflate the colon, to allow the doctor to see clearly. You will feel better when you pass gas. Let the staff know if you are uncomfortable. The exam will take between 10 - 15 minutes.

Test results

You may have biopsies taken or polyps removed during the test. These are sent to a laboratory to be processed and examined under a microscope. The results will be mailed to you in 2 weeks after the test. In order for us to mail you the results, **MAKE SURE THAT YOU COMPLETE A RESULT FORM WITH YOUR CORRECT ADDRESS.** If you do not get your results after 2 weeks, please call us at 312-942 5861.

Questions?

If you have any questions, please do not hesitate to call us at 312-942-5861.