

VANDERBILT MEDICAL GROUP

COLON AND RECTAL SURGERY CLINIC

INSTRUCTIONS FOR PREPARING FOR A FLEXIBLE SIGMOIDOSCOPY

A flexible sigmoidoscopy is a visual exam of the rectum and sigmoid colon or lower large intestine. A slim, flexible lighted tube with a camera at the tip is used to do this. This procedure is typically performed without anesthesia or sedation.

Please follow the instructions listed below. A nurse will also call you a few days prior to your appointment to review the instructions and answer any questions you may have.

The day of your appointment – if scheduled **BEFORE** 12:00, please do the following:

- Do not eat anything after midnight the night before your appointment.
- It is okay to have clear liquids the morning of your appointment. Examples of clear liquid are: juice, gelatin, water, popsicles, ice chips, tea or coffee (no cream or milk), soda and chicken, beef or vegetable broths.
- In the morning before your appointment, you will need to administer a fleets enema per instructions on bottle. Fleet enemas can be bought over the counter in the laxative section of any pharmacy. Please notify the nurse when you come to your appointment if you did not have any results (bowel movement) from the enema.

The day of your appointment – if scheduled **AFTER** 12:00, please do the following:

- You may eat a light breakfast the morning of your appointment. An example would be toast and juice or a bowl of cereal.
- After you have a light breakfast, it is okay to have clear liquids. Examples of clear liquid are: juice, gelatin, water, popsicles, ice chips, tea or coffee (no cream or milk), soda and chicken, beef or vegetable broths.
- Prior to your appointment, you will need to administer a fleet's enema per instructions on bottle. Fleet enemas can be bought over the counter in the laxative section of any pharmacy. Please notify the nurse when you come to your appointment if you did not have any results (bowel movement) from the enema.

If you have any questions, please call 615-322-2063