

FLEXIBLE SIGMOIDOSCOPY

A flexible sigmoidoscopy is an exam used to evaluate the lower part of the large intestine (colon). During a flexible sigmoidoscopy exam, a thin, flexible tube (sigmoidoscope) is inserted into the rectum.

A tiny video camera at the tip of the tube allows the doctor to view the inside of the rectum and most of the sigmoid colon — about the last two feet (61 centimetres) of the large intestine. If necessary, tissue samples (biopsies) can be taken through the scope during a flexible sigmoidoscopy exam.

Flexible sigmoidoscopy doesn't allow the doctor to see the entire colon. As a result, any cancers or polyps further into the colon can't be detected with flexible sigmoidoscopy alone.

Do I Have to Stop Eating and Drinking Before a Flexible Sigmoidoscopy?

No. But your bowel must be cleansed for sigmoidoscopy to be successful. Your doctor or Nurse will tell you how to do that and whether you need to adjust your diet before the test.

You will probably need at least one to two Enema before the procedure, to empty out your rectum and lower intestine so that the test can show the intestinal walls. For enema, you will be asked to arrive to Greenlane Medical Specialists 30mins early.

Be sure to follow all the prep instructions, so that the test can deliver the best results.

What Happens During the Test?

A flexible sigmoidoscopy usually lasts from 10 to 20 minutes. You won't need to be sedated.

Your doctor will have you lie on your left side and will insert the sigmoidoscope through the rectum and pass it into your sigmoid colon. The doctor will use a small amount of air to expand the colon to see the colon walls.

You may feel mild cramping during the procedure. To lessen those cramps, you can take several slow, deep breaths.

The doctor will slowly take the sigmoidoscope out while carefully examining the lining of your bowel.

