

**General guidelines for your Flexible Sigmoidoscopy:**

**Why it's performed:**

A flexible sigmoidoscopy is an endoscopic procedure that allows your doctor to examine the rectum and lower colon. A sigmoidoscope is a specialized endoscope with a camera at the tip that your doctor uses to visualize the area.

The procedure is similar to a colonoscopy, but does not reach as far as the colonoscope.

Your doctor may perform a flexible sigmoidoscopy for patient's suffering from:

- Abdominal pain
- Rectal bleeding
- Change in bowel habits
- Chronic diarrhea
- Other intestinal problems
- Screen for colon cancer

**Prior to procedure:**

- The hospital will call you a few days before your procedure to tell you what time to arrive. If you need information prior to receiving this call you can call the endoscopy schedulers at **732-253-3210** or the hospital endoscopy nursing line at **732-828-3000 x 5453**.
- Arrival times are given to admit you to the unit and prepare you for your procedure. Is it important that you arrive at your given time. ***Please Note: Unlike surgery centers this unit treats both inpatients and outpatients and emergencies may arise that may cause delays in scheduled procedure. Please be patient and know that we will provide you with the best care when you go into your procedure. Due to the unpredictable nature of procedure units, please be prepared to spend the day here.***
- Some procedures or recoveries require a hospitalization that we may not always be able to predict be prepared to stay in the hospital if necessary.
- Do not bring any valuables or wear any jewelry the day of your procedure as we do not have space for you to secure belongings.
- Because you will be sedated for the procedure you will need to bring someone with you to take you home. You cannot drive or take public transportation alone for 24 hours

after the procedure. We have limited space in the waiting area and we only can allow one visitor to wait during your procedure.

- If you need to send proof of your COVID vaccine please email it to [VaccineStatus@rwjbh.org](mailto:VaccineStatus@rwjbh.org)

### **Medications**

- If you are taking medications for high blood pressure, seizures, or if you are taking prednisone, you may take these medications the morning of the procedure or at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
  - If you take a “sugar” pill, **do not** take it on the day of your procedure.
  - If you are taking regular insulin (R), **do not** take it on the day of your procedure.
  - If you are taking any other insulin preparation, please contact your prescribing physician for instructions.
- If you are taking Coumadin, Plavix, or other blood thinners contact your prescribing physician for instructions on when to stop taking this medication.
- If you are taking aspirin daily continue to take this medication.
- Tell your doctor if you have allergies

### **Prep/Diet**

- Prior to the procedure purchase 2 fleet enemas (available at the pharmacy over the counter).

### **Day Prior to the Procedure**

- Drink only clear liquids for dinner
- Take one fleet enema 2 hours after dinner. Hold it in your body for 5 mins.

The following foods are allowed in a clear liquid diet:

- Water (plain, carbonated, or flavored)
- Fruit juices without pulp, such as apple or white grape juice
- Fruit flavored beverages, such as fruit punch or lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Gelatin
- Tea or coffee without milk or cream
- Strained tomato or vegetable juice
- Sports drinks
- Clear, fat-free broth (bouillon or consommé)
- Honey or sugar

- Hard candy, such as lemon drops or peppermint rounds

Do **not** eat or drink anything 8 hours before your procedure to clear your esophagus of food products.

**Day of Procedure**

- Take the 2<sup>nd</sup> fleet enema in the morning as soon as you wake up. Hold it in your body for 5 minutes.

**Day of procedure:**

Your procedure will be done at Robert Wood Johnson University Hospital in the endoscopy suite on the second floor above Walgreens. The address is:

1 Robert Wood Johnson Place  
New Brunswick, NJ 08901

Arrive 1 ½ hours prior to your scheduled procedure time. When you arrive you will register and give your medical history. You will need a responsible adult with you who will accompany you home. Bring with you a photo ID, insurance card, a list of medications that you take, and a copy of your COVID vaccine card or a negative PCR COVID test result.

**PARKING**

- Park in the hospital parking lot located on Little Albany Street and take the elevator to the 1<sup>st</sup> floor. Bring your parking ticket with you when you enter the hospital. You can stop at the information desk on the 1<sup>st</sup> floor and have your parking validated for a flat rate of \$6.00. Turn left as you exit the elevator on the 1<sup>st</sup> floor and take the North building elevators located in the main lobby to the 2<sup>nd</sup> floor. When you get out of the elevators make a right and another quick right. At the end of that hallway make a left, pass the Cardiac Cath lab and a set of elevators on your right. You will then see the Endoscopy department on your left-hand side above Walgreens and Starbucks.

**During Flexible Sigmoidoscopy:**

- We will start an IV in your vein to administer fluids and anesthesia and other needed medications.
- The doctor will insert the lubricated sigmoidoscope through the rectum and into the anus and large intestine.
- The doctor will introduce air or CO2 into your colon to improve visibility.

- The images will be examined on a nearby monitor.
- If needed the doctor will insert biopsy forceps through the scope in order to remove a small sample of tissue to be sent to the laboratory for further analysis.

### **Post procedure:**

Once the procedure is finished you will recover from anesthesia in the endoscopy unit. Your doctor will discuss the procedure with you. *Please be advised, it is common after receiving anesthesia to forget some of the conversation you had with your doctor. For this reason, we suggest a family member be available for this conversation at your request.*

Do not drive, operate heavy machinery, or drink alcohol for 24 hours after your procedure. You should go home and rest after your procedure.

We recommend that you eat something light since you have not eaten for over 8 hours. Avoid fried foods, fatty foods and large quantities of food. Things such as: scrambled eggs, toast, a sandwich are good choices. You may eat more food once you have tried something light to make sure you don't become sick to your stomach. You may also have excess gas, so you may choose to avoid foods that cause additional gas, such as beans or carbonated beverages.

Call your doctor right away for:

- Severe or new onset abdominal pain that doesn't improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red
- Fever greater than 101.5 or chills
- Vomiting blood, black or coffee ground looking material
- Severe dizziness, fainting or chest pain

### **Common side effects:**

- Nausea or Vomiting
- Excessive gas, bloating or cramping

***Please Note:*** *These symptoms usually resolve on their own within 24-72 hours after your procedure. If your symptoms are severe or persist please notify your physician or go to the emergency department.*

### **Medications after discharge:**

You can resume your daily medications following your procedure. If you are taking any medications that thin your blood discuss with your doctor when to resume these medications.

Commonly prescribed blood thinners:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

**Follow up:**

Contact your physician to schedule a follow up appointment:

**Clinical Academic Building (CAB)**

125 Paterson Street

Suite 5100B

New Brunswick, NJ 08901

**Phone: 732-235-7784**

**IMPORTANT PHONE NUMBERS:**

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x3210

RWJ Endoscopy Nurse line: 732-828-3000 x5453 (Leave a message and you will receive a call back within 24 business hours)

For after hour **emergencies** call 732-235-7784

