

Sigmoidoscopy

How to prepare and what to expect

Your sigmoidoscopy is scheduled for _____, _____, at _____ a.m. / p.m.
DAY DATE TIME

How to Prepare

1 Week Before	1 Day Before	On Test Day
Date:	Date:	Date:
<p>Buy these supplies at your local drugstore:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle magnesium citrate <input type="checkbox"/> 2 Fleet enemas 	<ul style="list-style-type: none"> • At 5 p.m., drink the bottle of magnesium citrate. 	<ul style="list-style-type: none"> • Starting 1 hour before you leave your house to come to your appointment: <ul style="list-style-type: none"> <input type="checkbox"/> Give yourself 2 Fleet enemas. Follow the directions on the box. Give yourself the enemas 1 at a time. After you expel the 1st enema, repeat with the 2nd one. <input type="checkbox"/> Give yourself 2 lukewarm tap-water enemas. After you expel the 1st enema, repeat with the 2nd. • Bring a list of your medicines to your appointment.
<p>If You Have Sedation</p> <p>If you will have <i>sedation</i> (medicine to make you relax) for your sigmoidoscopy, follow these instructions in addition to the ones above:</p>		
	1 Day Before	On Test Day
	<ul style="list-style-type: none"> • Do not eat anything after midnight the night before your test. • You can drink clear liquids until 2 hours before your appointment time. After that, do not take anything by mouth. 	<ul style="list-style-type: none"> • Do not take anything by mouth starting 2 hours before your appointment time. This includes no chewing gum, smoking, or mints. • Plan to arrive 30 minutes before your appointment time. • An adult family member or friend must pick you up when you are ready to go home. You cannot drive, take a bus or taxi, or use a service such as Hopelink or Paratransit by yourself after your test. Your test will be cancelled if you do not have an adult family member or friend to take you home. • We strongly advise that a responsible adult stay with you for the rest of the day.

Locations and Parking

University of Washington Medical Center
Digestive Health Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific St., Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow signs to the Emergency Room. At the stop sign, turn left into the Surgery Pavilion Parking Garage. After parking, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

Harborview Medical Center

GI Endoscopy Suite
Maleng Building, 8th Floor
410 Ninth Ave., Seattle, WA 98104
206.744.3519

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

Northwest Hospital

1550 N. 115th St., Seattle, WA 98133
206.368.1770

The Endoscopy Procedure Suite is on the 1st floor of the main hospital, across from Starbucks.

Eastside Specialty Center

3100 Northup Way, Bellevue, WA 98004
425.646.7777

Free parking on site.

Seattle Cancer Care Alliance

825 Eastlake Ave. E., Seattle, WA 98109-1023
206.606.1329

The Procedure Suite is on the 2nd floor of the clinic.

Special Instructions

- **If you have diabetes:** Your diabetes medicines will need to be adjusted. Please talk with your doctor to plan a schedule for your diabetes medicines for the day of your procedure.

- _____
- _____
- _____

What to Expect

- You are scheduled for a *sigmoidoscopy*. This test allows your doctor to look at the lining of the last part of your large intestine. Your doctor will place a flexible tube in your rectum. The tube is about the size of a finger.
- You might have some cramping during the test. Your doctor may take *biopsies* (tissue samples), but you will not feel this.
- The test takes about 10 minutes. Your appointment will last longer because of the time it takes to prepare for the test and to allow for your recovery.
- Your doctor will talk with you about the results. If results are not ready right after the test, your doctor will tell you when you can expect us to contact you.

Questions?

Your questions are important. Please call if you have questions or concerns about your sigmoidoscopy.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Health Center, 206.598.4377.

After hours and on holidays and weekends, call the Community Care Line at Harborview Medical Center, 206.744.2500.