



David S. Shields, M.D.
Gastroenterology | 650-324-1020

FLEXIBLE SIGMOIDOSCOPY

You are scheduled to have a **Flexible Sigmoidoscopy**. Dr. David Shields will perform this procedure on ____/____/____ at ____ AM/PM at the Palo Alto Endoscopy Center located at **770 Welch Rd 3rd floor Suite 380 Palo Alto, CA 94304**.

Please arrive 30 minutes prior to your scheduled appointment to register.

You must be accompanied by someone to drive you home you. You may not drive yourself home. Arrange for transportation or the procedure will be rescheduled.

Please notify Dr. Shields' office staff **within 72 business hours** (Mon – Thurs 8:30am- 5pm and Friday 8:00am to 4:30 pm) in advance of your scheduled appointment, should you need to cancel. If you cancel or re-schedule your appointment after the **72 hour window you may be charged for the time you reserved**. Please contact our office if you have any questions or need to re-schedule your procedure at (650) 324-1020.

Sigmoidoscopy:

Sigmoidoscopy is a state-of-the-art method for examining the inside of the rectum and sigmoid colon. During sigmoidoscopy, the instrument will be gently passed through your rectum and proceed through to your sigmoid colon, estimated to be the last two feet of your colon. Your rectum and sigmoid colon will be carefully examined.

Preparation:

Please obtain two plain Fleet enemas (green and white box), these can be found over the counter at any drug store. Please follow the directions on the box on how to take the enema.

- 2 hours before your appointment, administer the first enema.
- 1 hour before your appointment, administer the second enema.

Afterwards:

Bloating and bowel distension are common due to air inflated into the bowel during the procedure. This usually lasts about 30-60 minutes. You are able to return to your normal activities that same day. Sedation is not required.