



Vanguard Medical Group  
232 East 30<sup>th</sup> Street  
New York, New York 10016  
212-889-5544 Fax: 212-481-1089  
[www.gastro-nyc.com](http://www.gastro-nyc.com)

# Flexible Sigmoidoscopy Preparation Instructions:

NAME: \_\_\_\_\_  
PROCEDURE: \_\_\_\_\_ Sigmoidoscopy \_\_\_\_\_  
ENDOSCOPIST: \_\_\_\_\_  
DATE OF PROCEDURE: \_\_\_\_\_  
ARRIVAL TIME: \_\_\_\_\_

**Please note: A \$75.00 cancellation fee will be charged for all procedures cancelled with less than Two (2) business days notice.**

If your sigmoidoscopy is scheduled for the morning, do not eat or drink anything after midnight. If your sigmoidoscopy is scheduled after 1:00pm, you may have a small quantity of clear liquids in the morning until 9:00am.

**ADDRESS: Kips Bay Endoscopy Center  
535 Second Avenue  
Between 29<sup>th</sup> and 30<sup>th</sup> Street  
(212) 889-5477**

Further information about Kips Bay Endoscopy Center (KBEC) may be found at:  
[www.kipsbayendo.com](http://www.kipsbayendo.com)

# Flexible Sigmoidoscopy

## Instructions with Fleet Enema

Flexible sigmoidoscopy enables the physician to look at the inside of the large intestine from the rectum through the last part of the colon, called the sigmoid or descending colon. Physicians may use the procedure to find the cause of diarrhea, abdominal pain, or constipation. With flexible sigmoidoscopy, the physician can see intestinal bleeding, inflammation, abnormal growths, and ulcers in the descending colon and rectum.

Flexible sigmoidoscopy takes 10 to 20 minutes. During the procedure, the patient might feel pressure and slight cramping in the lower abdomen, but he or she will feel better afterward when the air leaves the colon

### PREPARATION

- Use one Fleet Enema the **evening** before the examination
- Use one Fleet Enema the **morning** of the examination