

POST FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

Your flexible sigmoidoscopy was performed by: Dr. _____

Important findings include:

Normal Exam Hemorrhoids Diverticulosis Polyps Other _____

Repeat Flex Sig/Colonoscopy: _____ or Follow Up Appointment: _____

1. After the procedure, you may experience increased gas, bloating or cramping. Mild abdominal pain lasting 1 – 2 hours is common. Severe pain is unusual and especially if accompanied by fever or vomiting; contact the doctor immediately. A small amount of rectal bleeding may occur particularly if a polyp has been removed. Contact the doctor promptly for continuous bleeding, passage of clots and feeling faint. Some patients may experience loose stools for several days. There may be some redness at the intravenous site where the sedative medication was given. It usually resolves in 1 – 2 days; warm compresses will help.
2. Progress to a regular diet gradually as tolerated. Resume all previous diets and medications unless instructed otherwise. No alcohol should be consumed within 24 hours of your procedure. Rest for the remainder of the day; do not drive, operate machinery, or make legal decisions until tomorrow.
3. If a polyp has been removed and you regularly take a blood thinning medication your post op nurse will advise you when you may restart them. Results will be available in 7 – 10 days. The office will mail the results to you when they are available. If you have not received a letter in 14 days, please call the office.
4. After center hours, on weekends or holidays please call the main office (703) 280-2841 to speak with the physician on call or nursing staff. Please feel free to call with any questions or concerns, (571) 255-8700 between the hours of 8am and 3pm Monday-Friday. If we are unable to answer the phone and you have a non-urgent concern please leave a message and we will return your call as soon as possible Monday – Friday, excluding holidays.

Nurse Signature and Date

Signature of Designated Responsible Person & Date

ADDITIONAL INFORMATION

www.fairfaxcolorectal.com: for more procedure information and instructions.

www.fascrs.org

www.aca.org