

# OCEAN SURGICAL PAVILION

1907 Highway 35, Suite 9  
Oakhurst, New Jersey 07755

Patient Name: \_\_\_\_\_

Your Sigmoidoscopy is scheduled for: \_\_\_\_\_

**Please arrive at:** \_\_\_\_\_

**PREPARATION:** *Please do not have anything to eat or drink for 4-6 hours prior to the procedure.*

\_\_\_\_\_ Obtain 1 bottle of Citrate of Magnesium (10 oz-**NOT RED BLUE OR PURPLE**) from your local pharmacy. Drink the bottle one hour after supper the day before the procedure. If you experience any difficulty with the prep, please call our office for assistance at (732) 517-8885.

\_\_\_\_\_ Obtain two (2) "Fleet Enemas" from your local pharmacy and follow the enclosed instructions. Use both of these, one after the other, at least one hour before leaving for our office. If you experience any difficulty with the prep, please call our office for assistance 732-517-8885.

**Discontinue the use of aspirin products (including Anacin, Bufferin, etc.) and iron tablets for one week before the examination. For the best possible examination, the lower colon must be completely empty of waste material. Be sure to let the doctor know if you are on blood thinners or anticoagulants.**

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## SOME ANSWERS TO QUESTIONS ABOUT FLEXIBLE SIGMOIDOSCOPY / LEFT SIDED COLONOSCOPY

It has been decided after careful medical assessment that Flexible Sigmoidoscopy / Left Sided Colonoscopy is necessary for further evaluation of your condition. We have prepared this information to help you understand the procedure.

### WHAT IS FLEXIBLE SIGMOIDOSCOPY / LEFT SIDED COLONOSCOPY?

A Sigmoidoscopy / Colonoscopy is a flexible tube that is about the thickness of a finger. It is inserted through the rectum into the large intestine (colon) and allows the physician to carefully examine the lining of the colon. This permits a different way of viewing the lining of the large intestine, or colon, more extensive than an x-ray. The purpose is to learn more about the problem you may have.

During the course of the examination, a polyp may be found. Polyps are abnormal growths of tissue, which vary in size from tiny dot, to several inches. If the doctor feels that removal of the polyp is indicated, then full Colonoscopy will be scheduled at a later date. Although the majority of polyps are benign (non-cancerous), a small percentage may contain an area of cancer in them, or may develop into colon cancer, which is a leading form of cancer in the United States. If abnormal or inflamed tissue is found during the exam, a biopsy can be taken. A biopsy is the size of the head of a pin and will cause no discomfort.