Printable instructions · Dr. Eyal Shachar, Gastroenterologist

Sigmoidoscopy preparation

My exam:
Date _____ Time _____

The three most important instructions

1. **Preparation: two Easy Go enemas, about two hours before the exam. No special diet or oral laxative is required.**
2. **Blood thinners — check with your family doctor or treating gastroenterologist at least one week before the exam. Do not stop them on your own.**
3. **Sedation is usually not needed. If you have sedation: do not eat anything starting 8 hours before the exam, and do not drink anything, including water, starting 3 hours before the exam. You must come with an escort. Do not drive for 8 hours after the exam.**

Timeline — tick ✓ when done

☐	**1 week before**	Stop iron supplements. **Taking blood thinners (Coumadin, Plavix, Pradaxa, Eliquis)? Check with your family doctor or treating gastroenterologist — do not stop them on your own.**
☐	**Morning of the exam**	Without sedation — eat, drink and take your regular medicines as usual. With sedation — regular medicines up to 3 hours before the exam, with a little water.
☐	**8 hours before**	**Only with sedation:** Stop eating. Water and clear liquids are allowed.
☐	**3 hours before**	**Only with sedation:** Do not drink anything, including water.
☐	**2 hours before**	**The enemas:** Two enemas — follow the steps in the box below.
☐	**The exam**	Bring your ID card, your health fund card and the consent form (you sign it at the unit). With sedation — you must come with an escort.

How to use the enemas

1. **2 bottles of Easy Go, 180 ml each. Lie on your left side.**
2. **Insert the nozzle of the first bottle into the anus and empty its contents.**
3. **Wait about 15 minutes, then empty your bowels on the toilet.**
4. **Repeat the same with the second bottle.**

What is the exam, and how is it done?

A thin, flexible tube with a camera is passed through the anus, and the doctor examines the last part of the large bowel (colon) — about a third of it — and can take a biopsy. The preparation is easy, and sedation is usually not needed.

- You lie on your left side with your knees bent. The exam takes about five to seven minutes and is usually not painful — mild discomfort and bloating are possible. If you feel significant pain, tell the staff.

After the exam

- At the end of the exam you will receive an explanation of the findings and a summary letter for your treating doctor.
- Without sedation — you can return to your normal routine right away. After sedation — about one hour of observation at the unit, until the staff discharge you; you must have an escort. Do not drive for 8 hours after the exam.

What are the risks?

- As with any invasive procedure, there is a risk of complications: bleeding, or a tear (perforation) in the bowel wall. They are uncommon, but may require hospital admission, further treatment and sometimes surgery.
- If sedation is given: The sedation drugs may rarely cause breathing or heart problems — mainly in people with heart or lung disease — or an allergic reaction.
- Even during a well-performed examination, some lesions may be missed. Before the exam you will sign a consent form; please read it.

Go immediately to an urgent care center or an emergency department if you have:

- Significant bleeding from the anus
- Severe abdominal pain, or pain that keeps getting worse
- Severe dizziness or fainting

Full explanation and videos on the website

An explanatory video, the instruction sheet and the consent form in several languages — on the website (in Hebrew): **shachar-gastro.co.il/endoscopy-prep**. For non-urgent questions, call the endoscopy unit where your exam was booked.

The detailed explanations on the website are in Hebrew. If you cannot read them, ask the endoscopy unit for written instructions in a language you understand.

General instructions that do not replace personal medical advice. If the endoscopy unit gave you different instructions — follow them.