

What is a Flexible Sigmoidoscopy?

Flexible Sigmoidoscopy is a flexible scope that allows for evaluating the lower two feet of the colon. It also allows additional procedures such as the removal of tissue samples for biopsy as well as to control bleeding sites. It is an effective way to diagnose and follow up a treatment. A colonoscopy examines the entire colon, while a sigmoidoscopy covers only the lower part of the colon, also known as the rectum or sigmoid colon. The major advantages of flexible Sigmoidoscopy are; firstly it poses with a low risk (the patient doesn't need to be sedated) and secondly, the procedure is fast (5-15 minutes).

How to get ready for a Flexible Sigmoidoscopy?

To get ready for the procedure, the patient may be asked to follow a special diet or take a laxative the night before the exam. During the exam, the patient is positioned on his left side and curls up into a bowl shape. The endoscopist lubricates the patient's anal opening. Afterwards, a flexible narrow tube, equipped with a light and camera, is slowly inserted into the patient's rectum. The tube guides through the sigmoid colon, and finally, the doctor can look into the patient's lining of lower bowel on a screen. After the exam, the patient may have mild abdominal discomfort, feel bloated. Some slight bleeding may happen after the exam.