

Name of Child: \_\_\_\_\_

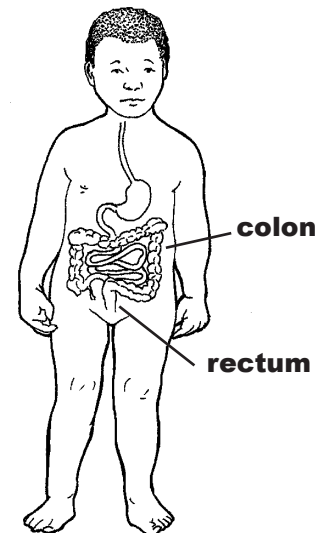
Date of exam: \_\_\_\_\_ Time you check in: \_\_\_\_\_

Time of exam: \_\_\_\_\_

# Flexible Sigmoidoscopy

## What is it?

A flexible sigmoidoscopy (SIG-moid-OS-ke-pee) is also called a sigmoidoscopy. In this test, the doctor looks at the lining of the large intestine (colon). The doctor uses a black flexible tube with a light on the end to see this area.



## Why is it done?

A doctor looks at the lining of the intestine to help decide what is causing your child's symptoms.

## Getting ready:

- If your child is old enough to understand, explain what will happen. Do this when you think the time is right. Children do best when they are told what they will see, feel and hear during the exam.
- Your child's colon needs to be empty, so the doctor can see clearly. Your doctor or nurse will tell you how to clean the stool out of your child's colon.
- If your child is taking any medicines regularly, tell the nurse. Medicines may need to be given earlier or later than usual.



If your child has a cold or a fever, call the doctor.  
The test may need to be done another day.

## Before the exam:

- Check in on time.
- You and your child will be taken to the ambulatory care center to get ready for the exam.
- A nurse will take your child's temperature, blood pressure, heart rate and ask questions about your child.
- An IV (intravenous catheter) might be placed. This IV lets the doctor give your child medicine and fluids into the vein quickly and easily.
- Ask your doctor and nurse your questions about the exam.
- You need to give permission to let the doctor do the exam on your child. The doctor or nurse will ask you to sign a consent form.

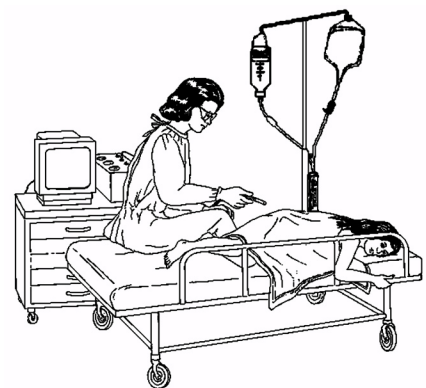
## During the exam:

- You and your child will be taken to the exam room.
- The doctor and nurses wear gowns, gloves and glasses during the exam.
- A nurse will stay with your child through the whole exam. The nurse will help your child feel comfortable.

yes  no Your child will be given medicine to make him or her sleepy.

1. Your child's heart rate, breathing, blood pressure and oxygen needs will be watched very closely. The nurse will put a blood pressure cuff on your child. The nurse will wrap a small light on to your child's finger or toe (an oximeter), to check your child's need for oxygen.
2. The doctor will put small amounts of medicine into your child's IV until your child is very relaxed and very sleepy. When your child is relaxed, you will be taken to the waiting area until the exam is done.
3. A small plastic tube will be put under your child's nose, and gently blow in oxygen. The tube is called oxygen prongs.

- Your child will lie on a padded table on his or her left side.
- During the exam, the doctor may give your child more medicine to keep him or her comfortable.
- The doctor will put the black, flexible tube into



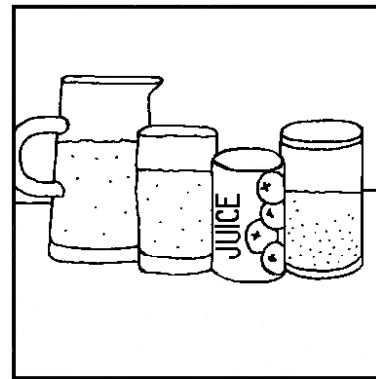
**Your child will lie on a padded table on his or her left side.**

your child's anus, and look at the colon.

- The doctor may clip off small pieces of colon tissue to look at closely (abiopsy). This does not hurt. Your child will not feel it.

## After the exam:

- A nurse will watch your child after the exam. The nurse will take your child back to the ambulatory care area and stay until your child wakes up.
- Some children need oxygen until they are awake.
- The doctor will meet you in the waiting area and tell you about the exam.
- After the exam, some children are awake and some may be sleepy for the rest of the day. Every child is different.
- Your child will stay in the care center until he or she is awake enough to go home.
- After the exam your child may feel cramping, or feel like he or she needs to go to the bathroom.
- The medicine could make your child feel like throwing up.
- When your child is awake, the nurse will give him or her something to drink.
- The tissue for biopsy will be sent to the lab. Two to four days after the test, your doctor or nurse will call to tell you the results.
- Your nurse will tell you how to care for your child at home. If you don't understand something, ask questions.



**The nurse will give your child something to drink.**

## Now that you've read this:

- Tell the nurse or doctor what's missing from the picture on page 2. (Hint: Read "During the exam.") (Check box when done.)
- Tell the nurse or doctor how you will get your child ready for this exam. (Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
[www.phoenixchildrenshospital.com](http://www.phoenixchildrenshospital.com)

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The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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