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. You will receive a call several days before the procedure and your doctor or nurse will tell you how to clean the stool out of your child’s colon.
• Your child should have nothing to eat or drink for ____ hours before the test.

☐ yes ☐ no Do not give your child milk or solid foods after ____ A.M./P.M. But you may give your child clear liquids, such as juice, tea, popsicles, broth, soda or water until ____ A.M./P.M.
• 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.
• A nurse will take your child’s temperature, blood pressure, heart rate and ask questions about your child.
• 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. Your child may get an IV (intravenous catheter). A mask may be put on your child’s face, and the IV will be put in when your child can’t feel it. This IV lets the doctor give your child medicine and fluids into the vein quickly and easily.

• 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.
• 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.
• During the exam, an anesthesiologist will watch your child very closely. Every few minutes, your child’s heart rate, breathing rate, and blood pressure will be
checked. A machine will beep if the child needs more oxygen. It can tell by a probe that is wrapped on the child’s finger or toe.

- The doctor will put the black, flexible tube into your child’s anus, and look at the colon.
- The doctor may clip off small pieces of colon tissue to look at closely (a biopsy). This does not hurt. Your child will not feel it.

After the exam:
- The doctor will meet you in the waiting area and tell you about the exam.
- A nurse will watch your child after the exam and stay until your child wakes up.
- Some children need oxygen until they are awake.
- 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 pass gas. This is normal.
- The medicine could make your child feel like throwing up. This is normal.
- When your child is awake enough to swallow well, he or she should drink some clear liquids, such as water or juice. Bring a baby bottle if your child uses one.
- Your child will stay and be watched until awake enough to go home.
- For the next 24 hours, your child may be unsteady. Watch your child carefully to keep him or her from getting hurt.
- The tissue for biopsy will be sent to the lab. The doctor will call you when the biopsy report is completed and tell you the results. This may take 1-3 weeks.
- Your nurse will tell you how to care for your child at home. If you don’t understand something, ask questions.

Now that you’ve read this:
☐ Tell the nurse or doctor what’s missing from the picture on page 3. (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
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