

Care Gram

Flexible Sigmoidoscopy (FOPS)

Date of Test: _____ **Test Time:** _____

How the Procedure Works

A Flexible Sigmoidoscopy (FOPS) is a test of your lower gastrointestinal (GI) tract. This test is done if you are having lower GI problems or if you had an abnormal X-ray. A FOPS will review the lower colon (left side) and rectum. It is usually done without sedation, unless your doctor feels it is medically necessary.

The doctor uses an endoscope, which is a long, narrow, flexible tube. It has a strong light and video camera used to look at the GI tract. The endoscope can easily bend around curves, but you may have some discomfort from cramping or gas.

This test can be used to:

- Diagnose and treat certain lower GI problems
- Plan specific treatments for chronic problems
- Help detect colon cancer (left side)
- Take a sample of tissue (biopsy)
- Remove growths (polyps) from the wall of the digestive tract

Risks

Risks are rare, but could include:

- Side effects of medications used during the test
- Bleeding
- Perforation (puncture of the colon)

Allowing Time

A FOPS will take about 15 minutes. This amount of time could change with each person. Please allow more time for your visit due to preparation and recovery time if you have medicine that makes you sleepy.

The Day Prior to Your Test

- Purchase 2 Fleet® Enemas (water-based, no oil enemas).
- **Do not eat or drink anything after midnight the night before your test, including gum, candies, lozenges, mints or chewing tobacco.**



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • www.LMHealth.org

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Page 1 of 3

On the Day of Your Test

- You may take blood pressure or heart medications. Be sure you have taken medications at least 2 hours before the test with a small sip of water only. **Do not eat or drink anything else until after your test, including gum, candies, lozenges, mints or chewing tobacco.**
- 2 hours before you arrive for your exam, use the first enema.
- 1 hour before you arrive for the exam, use the second enema.
- **For your safety, please remove all jewelry and body piercings before the test.** Please leave these items and other valuables at home (such as money, credit cards and checkbooks). The GI Endoscopy Lab cannot be responsible for any lost or misplaced items during procedures.
- **If you have sedation medication, you must have someone drive you home from the Hospital. The Hospital staff cannot allow you to drive after having a medication that makes you sleepy (sedation). By law, driving after sedation could be treated like driving under the influence. You also cannot go home alone by taxi.**
- **If you have sedation medication, you will need to have a mature adult stay at home with you for the first 24 hours after the procedure. This person can also contact the doctor or Hospital if you have any problems.**
- Your procedure time may change due to emergencies or procedures that may take extra time. We make every effort to keep you informed of any changes. If you feel like you are waiting too long, please ask the staff to check for you.

Registration

Your test will be scheduled at the Hospital or Tamarack Surgery Center. If your test is scheduled at the Hospital, enter through the surgery entrance of the John and Mary Alford Pavilion and report to the Surgical Services registration desk on the second floor. If your test is scheduled at the Tamarack Surgery Center enter through the outer doors and report to the registration area inside the second set of doors.

Before and During the Test

- **Please leave valuables and jewelry at home.**
- Bring eyeglasses if you need them to read. You will be asked to sign a consent form.
- You will be asked to change into a hospital gown and lie on an examination cart.
- If you are having sedation medication, the nurse will start an IV and give you medicine to help you relax. You may experience some amnesia effects, but you will not be asleep.
- The endoscope is inserted into the rectum, and you may feel pressure and some cramping. If you feel pain, tell the doctor or nurse.

After the Test

For everyone:

- The nurse will ask you to expel air. This helps relieve some cramping and pressure.
- For the first 24 hours, you may feel stomach cramps and bloating, and you may continue to pass gas.
- You may have a very small amount of blood from the rectum.

If you received a sedation medication:

- You will be taken to the recovery area to be monitored for a short period of time
- You may feel drowsy

- You must have someone stay with you during your procedure due to the short length of stay, and drive you home
- You should not return to work until the next day

Call your doctor if you have:

- Large amount of blood in your bowel movement
- Fever
- Severe pain in the abdomen
- Redness or soreness at the IV site for more than 2 days

Finding Out the Results

Most test results will be reviewed with you by the doctor before you leave. If you have any questions about the results after you go home, feel free to call the office. If biopsies are taken, the results should be available in 1 to 2 weeks. The office will contact you once the doctor has reviewed the biopsy results.

Appointment Reminder

- If you have any questions about your test or the preparation, please call the doctor who has scheduled this test for you.
- The nurse will call you the day before your scheduled procedure with your arrival time.