

# Flexible Sigmoidoscopy

Flex Sigmoidoscopy- Procedure Instructions

Procedure Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ GI Physician: \_\_\_\_\_

Location: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

## Special Instructions:

To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or cancelled.

If you are pregnant, please discuss the risks and benefits of this procedure with your physician.

If you take anti-coagulants / blood thinners (for example: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Effient, Brilinta, etc.) or Insulin, please notify our office at least 10 days prior to your procedure.

Insulin and other diabetic medications should be reviewed with the prescribing doctor and taken according to their instructions.

Please inform us if you weigh greater than 250 lbs., have kidney disease, congestive heart failure, artificial heart valves, a pacemaker or defibrillator (AICD), sleep apnea, or ascites.

### Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- You will not be allowed to use any form of public transportation following your procedure, which includes: Taxi, Bus, Ride-share service, Uber, Lyft and the like.
- The test may be cancelled if you do not have a driver, there will be no exceptions.
- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.

## Flexible Sigmoidoscopy Instructions:

You may obtain Fleet enema package at any pharmacy. IT IS VERY IMPORTANT THAT YOU REFER TO THESE PREP INSTRUCTIONS FROM YOUR DOCTOR REGARDING WHEN YOU NEED TO STOP EATING AND DRINKING. DO NOT FOLLOW THE INSTRUCTIONS THAT YOU RECEIVE FROM THE PHARMACY OR WHAT IS ON THE PREP PACKAGE.

- If you have any questions call our patient line at **1-855-455-4278**
- All heart and blood pressure medications should be continued, including the day of your procedure with small sip of water.
- Please discontinue iron or fiber supplements, seeds, nuts, popcorn, and raw vegetables one week before your colonoscopy. .

### 3-Days Before Your Procedure:

- Buy an over-the-counter double Fleet Enema package or two single Fleet Enemas.

### Day Before Your Procedure:

- Do not eat or drink food after 12:00 midnight on the night preceding your exam.
- Do NOT use any tobacco products or marijuana, do NOT take non-prescribed drugs, and do NOT drink alcohol after midnight before your procedure.

### Morning Of Your Procedure:

- Do not eat any food or drink (except a small amount of water for any required morning medications).
- Administer 2 Fleet enemas 30-60 minutes apart, with the second enema being one hour PRIOR TO LEAVING for the examination (to allow appropriate evacuation time).
- In the morning, you should use inhalers, and take heart, blood pressure, seizure, anti-anxiety, and respiratory medications with a sip of water, enough to swallow them (no blood thinners or oral diabetic medications). You should wake up early and take these at least 2 hours before your test if possible.

IF sedation is being used:

- Arrange to have someone with you at the end of the exam that can drive you home. A taxi driver alone is NOT sufficient. You will be discharged approximately 60 minutes after your procedure is started.
- Female patients of childbearing age will be required to provide a urine specimen for a pregnancy test prior to anesthesia the day of the procedure. Please avoid urinating prior to arrival the day of your procedure to prevent delay or possible cancellation.

