

PREPARATION SCHEDULE FOR FLEXIBLE SIGMOIDOSCOPY

- AS SOON AS YOU GET THIS INSTRUCTION:

- If you take **blood thinners** like warfarin (**Coumadin**), apixaban (**Eliquis**), rivaroxaban (**Xarelto**), or others, you will need to **contact your prescribing doctor to ask if you can hold this medication prior to your procedure**. If not, please inform us. In general, Coumadin needs to be held for 5 days, Eliquis 2 days, and Xarelto 2 days. Baby aspirin does not need to be held.
- If you are **diabetic** and require insulin or oral diabetic agents to control your blood sugar levels, your dose may need to be adjusted because of the dietary changes associated with this test. You will need to **contact the doctor that orders your medications for directions**.
- If you require prophylactic antibiotics, blood products, or specific medications before surgical or dental procedures, make sure you included this information in the Procedure Intake Form (otherwise, notify our office immediately). Our physicians will decide if you will require them and if you do, you will need to arrive 2 hours or more before the procedure; our office will tell you the time.
- **Make arrangements for transportation** for the day of procedure since you are not allowed to drive due to sedation. You must have a responsible adult driver with you upon checking in. This person must remain on premises until your procedure is complete. On discharge they must drive you home. If these instructions are not followed, regretfully we will have to cancel your procedure.
- Go to pharmacy and buy the following medications (these are over-the-counter medications and you do not need a prescription):
 - One 10 oz bottle of magnesium citrate
 - Two Fleet Enemas

- IN THE EVENING BEFORE THE PROCEDURE:

- **At 5:00 PM, drink one 10 oz bottle of magnesium citrate**
- **At 7:00 PM, use one Fleet Enema**
- Do not have anything to eat after midnight

- ON THE DAY OF PROCEDURE:

- **Use the other Fleet Enema two hours before the procedure**
- Nothing to eat or drink before procedure (no candy, cough drops, gum, chewing tobacco or snuff). The exception is your necessary medications (heart, blood pressure, seizure) with a small sip of water.
- Since you will be sedated for this exam, it is inadvisable to you to drive or operate machinery for 12-24 hours following the procedure. You must make arrangements for transportation. Someone must accompany you home, even if you take a taxi or use the van service. You will not be given sedation if

they are not in the endoscopy unit when the procedure is started. You should not be alone for 12 hours following the procedure.

- DURING THE PROCEDURE:

- An intravenous line will be placed in your hand or arm to administer medications to sedate you during the exam.
- The procedure generally takes 10-15 minutes and additional time for recovery from sedation.

- FOLLOWING THE PROCEDURE:

- You will remain in the outpatient recovery area until you are awake and alert, generally about 30-60 min. Your doctor will explain the findings, but because of the sedation you may feel "groggy" and have some problem remembering what the doctor has said. The endoscopy nurses will also review any instructions with you before you leave.
- You will be able to eat and drink normally after the exam unless instructed otherwise by your physician. You may feel slight cramping after the exam and may need to "pass gas". This usually lasts briefly. If a biopsy is done or a polyp is removed, you may possibly notice a small amount of blood in your next bowel movement.
- Flexible sigmoidoscopy is generally a very safe procedure, but as with any invasive procedure, complications including perforation, infection, bleeding or adverse effects of the sedation are possible even though extreme care is taken. **If bleeding or pain is significant or persists, please notify our office immediately.**
- A friend or family member must accompany you home. You can not drive, operate machinery and should not be alone for at least 12 hours following the exam.
- If the IV site becomes red or swollen following the procedure, warm wet compresses generally relieve the discomfort. If concerned, please call our office.
- If a specimen, culture, biopsy or polypectomy was performed, the results will be available within 5-7 days in most cases. You will get a mail or be called for the results in 2-3 weeks. If you have questions, you can reach us for more discussion.
- Copies of your endoscopy and pathology reports will automatically be forwarded to your primary care and referring physicians. Your medical records are kept in the strictest confidence and will not be released without your expressed permission.
- If we can be of any further assistance (regarding test results, billing, insurance, etc.) please do not hesitate to contact our office.