Flexible Sigmoidoscopy

Date/Procedure time

_____

_____

Flexible sigmoidoscopy Preparation and Instructions

If you have any questions regarding these instructions please call our office at 817-599-6222. You are scheduled for a flexible sigmoidoscopy, an examination of the sigmoid colon (left side of the large intestine) with a lighted flexible scope. During the flexible sigmoidoscopy, if an abnormality is seen, it is usually biopsied at that time. This involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

Plan to be with us for a total of two to three hours. When you arrive, you will need to complete your paperwork and then change into a patient gown. The nursing staff will perform a brief assessment, place an IV, and take you into the procedure room where you will be sedated and undergo the flexible sigmoidoscopy. The flexible sigmoidoscopy itself takes about 15 to 30 minutes.

After the flexible sigmoidoscopy you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the flexible sigmoidoscopy. Please have a family member or friend stay with you that can speak with the doctor and nurses after the procedure. **By law, you cannot drive the rest of the day of the flexible sigmoidoscopy.** We advise you to take the entire day off work.

A thorough cleansing of the sigmoid colon is essential and the examination is most successful if you follow the directions for preparation completely, as outlined below. If you have any questions about the test or preparation, please do not hesitate to call our office.

It is important to bring a list of all prescription medications and non-prescription products (over the counter anti-inflammatory, herbal, vitamins, etc.) that you are taking and a list of any medications that you are allergic to.

Purchase these items ahead of time:

1. Two Fleets enemas (over the counter at any pharmacy)

2. Tuck's pads or Vaseline can be used to protect the anal area especially if you have hemorrhoids.

Flexible sigmoidoscopy Preparation Timeline

Five or more days prior to your flexible sigmoidoscopy:

- No corn/popcorn for one week prior to test.
- Arrange for a ride. If you do not have a ride we will have to cancel the procedure.
- Purchase two fleets enemas (over the counter at any pharmacy).
- Consider obtaining protective ointment such as Preparation H, Desitin, or Vaseline to protect the anal area during the prep. You can start to apply this before you use the first enema.
- If you are taking **Coumadin (warfarin)** or other **blood thinners (Plavix, Aggrenox,Effient)**, contact us for specific instructions. **Aspirin** is usually stopped **3** days before the flexible sigmoidoscopy. **Vitamin E and Fish oil** are usually stopped **5** days before the flexible sigmoidoscopy.
- If you have a history of **heart valve** or valve surgery or need antibiotics before the surgery, please notify us.
- Check with you insurance carrier if you need pre-approval and that you understand your financial responsibility for the procedure. There should be a number on the back of your insurance card to call.
- Stop taking iron and vitamins with iron seven days before the flexible sigmoidoscopy.
- Make any needed arrangements to be off work or school on the day of the flexible sigmoidoscopy. Please remember, by law, you cannot drive the rest of the day of the flexible sigmoidoscopy.
- Read and familiarize yourself with the preparation instructions below.
- Please call us with any questions.

Three days prior to your flexible sigmoidoscopy:

- Review and plan your dietary needs for the next two days.
- Confirm your ride.
- **LAST CHANCE TO CANCEL OR YOU MAY BE CHARGED A $75 LATE CANCELLATION FEE. MUST BE NOTIFIED WITHIN 3 BUSINESS DAYS.**
- If you have any questions, please call us.

Two days prior to your flexible sigmoidoscopy:

- Eat well balanced meals but try to avoid nuts, raw fruit, raw vegetables, and salads.

- **List any allergies and all prescription medications and non-prescription products** (over the counter, anti-inflammatory, herbal, vitamins, etc.) **you are taking.** Bring these lists with you on the day of the flexible sigmoidoscopy.

One day prior to your flexible sigmoidoscopy:

- Start on a **CLEAR LIQUID DIET** when you get up and continue all day.

Clear liquid diet:

Soups: Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.

Beverages: Tea, coffee, Kool-aid, carbonated beverages, Gatorade.

You may add sugar to coffee or tea but **not milk or creamer** (non-dairy creamers are ok).

Juices: Cranberry, apple, grape, strained lemonade, limeade, and orange drink. Any juice that you can see through and has no pulp is acceptable.

Dessert: Italian ices, popsicles, Jell-O and hard candy.

- Do not drink **RED** colored beverages or eat **RED** jell-o.
- **NO SOLID FOOD OF ANY KIND.**
- Throughout the day make sure to drink at least eight glasses (two quarts) or more fluids such as Gatorade, or similar product, preferably not just plain water.
- **Diabetic patients:** Take your usual diabetic medication today. Throughout the day, you should drink sugar containing clear liquids, as needed to maintain your blood sugar level. Monitor your blood sugar at your usual times.
- Take your usual prescription medications (except iron or any other medications that we discussed holding). If you are on Coumadin or other blood thinners, please contact our office and your primary care physician for specific instructions at least one week prior to the flexible sigmoidoscopy.
- You may continue to have the clear liquids until midnight. After midnight, do not eat or drink anything. Take your night time medications with a small sip of water.

The day of the flexible sigmoidoscopy:

- You will need to do the first fleets enema one hour prior to leaving to go to the hospital.
- Then you will need to do the second fleets enema 30 minutes later.
- Please be sure to take any blood pressure, seizure, or heart medications the morning of the test with a small sip of water.

- **Diabetic Patients:** Do not take your diabetic medication this morning, but do bring a dose with you to take after your flexible sigmoidoscopy. If you are on insulin, take ½ of usual NPH and no regular insulin. Bring the remaining doses with you to take after your flexible sigmoidoscopy.
- When you are ready to leave, your designated driver will take you home where you can eat and relax the rest of the day. You will receive specific instructions about eating, activities, and medications before you leave.

Frequently asked questions

1. **Why avoid red liquids?**
   The color red can persist in the colon and potentially look like blood.
2. **One of the medications that I was instructed to take the morning of my procedure is red. Can I take it?**
   Medications for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color.
3. **Can I drink alcoholic beverages?**
   We strongly suggest you do not drink any alcoholic beverages prior to your exam since they cause dehydration and some wines thin your blood.
4. **Can I drink any nutritional supplements?**
   You may drink ensure (vanilla/chocolate) or Slim-Fast with Soy Protein/Lactose Free. These drinks are water based, not milk based.
5. **Can I chew gum or suck candy?**
   Yes, but nothing with soft centers or red color.
6. **Can I brush my teeth?**
   Yes, please do.
7. **Can I wear my dentures?**
   Yes, you can wear them to the endoscopy suite. However you may be asked to remove them prior to the procedure.
8. **I have been instructed not to take anti-inflammatories or blood thinners several days before the procedure. What can I take for headaches and pain relief?**
   You may take Tylenol as directed.
9. **Can I have chicken noodle soup?**
   You can only have the broth. No noodles, chicken or vegetables allowed.
10. **Can I have the flexible sigmoidoscopy if I am on my period?**
    Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).

HOLD THE FOLLOWING MEDS:

____Aspirin/NSAIDS for 3 days

(Celebrex, Meloxicam, Ibuprofen and Naproxen)

____Coumadin for 5 days

____Plavix for 7 days

____OTHER:_____