

**PREPARATION INSTRUCTIONS FOR
FLEXIBLE SIGMOIDOSCOPY**

**Arrival Time: 45 minutes prior to procedure
time**

Patient : «FirstName» «LastName»

Procedure Date: «encDate»

You have been scheduled for a Sigmoidoscopy with «RendPrFName» «RendPrLName». This procedure is performed by passing a thin flexible tube into your rectum to examine approximately 12 inches of the lining of your colon. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

Please read all the instructions ahead of time so you can be prepared for this procedure.

For questions regarding your appointment or preparation, please call (907) 569-1333 or access our website at www.AlaskaGI.com.

To ensure your comfort, IV sedation may or may not be given for this exam (to make you relaxed). If so, you must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy suite, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure. You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. You may not drive until the next day. **If your escort does not accompany you to the unit, or your escort/ driver cannot be contacted, your procedure unfortunately will be rescheduled.**

In order to provide quality care to our patients, improve access to our physicians, and minimize frustrations in getting timely appointments, our office has adopted the following policy regarding missed appointments. If you need to **cancel** your appointment, please contact our office at least two Business Days prior to the above scheduled date or you will be assessed a \$50.00 charge.

Call your Insurance Plan to ensure they will cover your procedure. **Please note there will be separate fees for the Physician, Facility, Pathology and/or Laboratory.**

You will need to Pre-Register with the facility where your procedure is scheduled 2 days prior to your procedure:

____ Alaska Digestive Center - 563-1750
____ Providence Day Surgery - 212-3149
____ Alaska Regional Day Surgery - 264-1952

____ I have received ADC Bill of Rights

SPECIAL MEDICATION INSTRUCTIONS

We recommend you make the following medication changes prior to your procedure:

- **Blood-thinning medications** (such as Coumadin, Ticlid, Plavix, Pradaxa, Xarelto, Aggrenox and Lovenox) may need to be discontinued prior to your procedure. **Take your last dose on _____.**
- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue taking your other prescribed medications (e.g. blood pressure pills) as usual.**
- **Diabetic patients** - If you take an oral hypoglycemic ("sugar pill"), **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose** the night before and nothing the morning of the procedure.

Fleet Enema Instructions

The following is a list of instructions you will need to follow to prepare for your **Flexible Sigmoidoscopy**. It is very important that you follow the instructions, closely. The success of your procedure partially depends on how well you are prepared for it. If you are not able to complete the preparation or if you do not follow it correctly, you may have to reschedule your procedure.

Purchase two **Fleet's Enemas (non-mineral oil type)**, a laxative, to cleanse your bowel. They can be bought over-the-counter at any pharmacy.

Procedure Instructions:

1. You may have a light breakfast only (apple juice, broth, Jell-O, coffee or tea).
2. Use your first Fleet Enema, 2 hours prior to your arrival time at:

How to use enemas:

- Lie on left side with knee bent and arms resting or kneel, then lower head and chest forward until face resting on surface.
 - With steady pressure, gently insert enema tip into rectum with a slight side-to-side movement, with tip pointing toward navel. Insertion may be easier if person receiving enema bears down, as if having a bowel movement. This helps relax the muscles around the anus.
 - Do not force the enema tip into rectum as this can cause injury.
 - Squeeze bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely, as it contains more liquid than needed.
 - Remove from rectum and maintain position until urge to evacuate is strong (usually 2 to 5 minutes)
3. Repeat above, using the second Fleet Enema, 1 hour prior to your arrival time at: