

Flexible Sigmoidoscopy with Anesthesia Preparation Instructions

Patient Name: _____

Procedure date: _____ Check in at _____ am/pm

At _____ Hospital with Dr. _____

About Flexible Sigmoidoscopy:

A flex-sig is a procedure your doctor will perform to examine the lining of your sigmoid (first section of the large intestine). The doctor will insert a flexible tube into the rectum and through the sigmoid, looking for abnormalities. Prior to the procedure, you will be given anesthesia through an IV. Following the procedure, you will be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are **NOT** allowed to drive for the remainder of the day. It is recommended to have a person who is over the age of 18 to stay with you for 6-8 hours after your procedure.

What to bring and do prior to procedure:

- Please bring your PHOTO ID and INSURANCE CARD
- Please bring a list of your current medications (including non-prescription) and allergies
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15 minute driving distance of our facility. They will be notified when your procedure is over and **MUST** be present at the time of discharge to receive instructions and teaching. You are **NOT** allowed to take a **bus, taxi, Access a Ride, walk home, etc.** **If you do not have a ride your procedure will be cancelled or rescheduled.**
- If your procedure is at Good Samaritan Medical Center, your driver must stay at the hospital from check-in to check-out. They are **NOT** allowed to leave the facility.
- You should plan on being at the hospital for approximately 2-3 hours.
- Read prep instructions **THOROUGHLY.**
- **10 HOURS PRIOR TO CHECK IN TIME NO SOLID FOODS, WATER ONLY.**
- **8 HOURS PRIOR TO CHECK IN TIME STOP EVEN WATER. Nothing by mouth.**

If you need to cancel or reschedule your appointment, you MUST do so 3 business days prior to your appointment date or a cancellation fee may be assessed.

Please call our office at 303.604.5000.

PLEASE CHECK IN AT REGISTRATION DESK WHEN YOU ARRIVE AT THE HOSPITAL.

Flex- Sig Instructions

5 days before your exam:

- Discontinue medications containing iron.
- If on blood thinners please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
- If you are diabetic, please contact our office for instructions. **303.604.5000**

2 days before your exam:

- Purchase 2 Plain Fleet Enemas from the pharmacy.
- If you have a tendency towards constipation, you should purchase 3 enemas.
- Prepare a list of medications and allergies to bring to your appointment.
- Confirm that a driver is able to take to you home.

Day of the Exam:

- Based on your check in time, calculate backwards. 10 hours prior to your check in time, stop everything by mouth except water. Then, 8 hours prior to your check in time, stop even water.
- Medications can be taken during the 8 hours prior to your check in time with sips of water **with exceptions** to blood thinners and diabetic drugs as mentioned previously.
- **One to one and a half hours before leaving home:** Give yourself the first enema. Hold as long as possible, up to 20 minutes and then expel it. Within the next 5 minutes give yourself the second enema. Again, holding up to 20 minutes if possible and then expel it. Repeat a third time if you have a tendency towards constipation.