

FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

Name _____

You are scheduled with Dr _____

Location: _____

Date ____ / ____ . Arrival time ____ :

Flex Sig

◆ IF YOU HAVE ANY QUESTIONS OR IF YOU HAVE DIFFICULTIES WITH THE BOWEL CLEANSING, PLEASE CONTACT OUR OFFICE AT **248-625-4055**

THE WEEK BEFORE FLEXIBLE SIGMOIDOSCOPY:

- ◆ It is OK to continue a baby Aspirin (81 mg)
- ◆ 7 days before procedure stop **Plavix (Clopidogrel)**, **Effient (Prasugrel)**, **Iron, Fish Oil**, and **all herbal supplements**. Restart after procedure, unless instructed otherwise by your doctor.
- ◆ 5 days before procedure: stop **Brilinta (Ticagrelor)**; stop **Coumadin (Warfarin)**; resume in the evening after flexible sigmoidoscopy, unless told otherwise. Some patients need to replace the Coumadin with blood-thinner injections for approximately one week. Please discuss the changes in Coumadin regimen with your family doctor or with Coumadin Clinic
- ◆ 3 days before procedure stop **Pradaxa (Dabigatran)**, **Xarelto (Rivaroxaban)**, or **Savaysa (Edoxaban)**; resume the day after procedure, unless told otherwise.
- ◆ 2 days prior to procedure stop **NSAIDs** or aspirin-like products (Motrin, Aleve, Advil, Naprosyn etc). You can use plain Tylenol for pain, if needed.
- ◆ **If you are diabetic**, please discuss the change in your medications during the preparation for flexible sigmoidoscopy with your doctor.
- ◆ In order to understand your financial obligations, please check with your insurance carrier if “flexible sigmoidoscopy” is a covered benefit.
- ◆ Make any needed arrangements to be off work/school the day of the procedure. Please remember, *by law, you cannot drive the rest of the day of the flexible sigmoidoscopy if you received sedation.*
- ◆ PURCHASE 2 OVER-THE COUNTER ENEMAS
- ◆ Consider obtaining a protective ointment such as Preparation H, Desitin, or Vaseline to protect the anal area during prep. You can start to apply it after you take the first laxative.

3 DAYS BEFORE FLEXIBLE SIGMOIDOSCOPY

- ◆ Review and plan dietary needs for the next 2 days
- ◆ Confirm your ride
- ◆ Last chance to cancel or reschedule. If you miss a scheduled procedure without notifying our office 72 hours in advance, you will be charged a NO SHOW fee of 75\$.

THE DAY BEFORE THE FLEXIBLE SIGMOIDOSCOPY

- ◆ You may have only clear liquids for lunch and dinner. These include:
 - ◆ Clear broth (chicken, beef, vegetable)
 - ◆ Plain coffee or tea
 - ◆ Water, Pop (Pepsi, Coke, Vernors, etc.), Gatorade, Fruit juices (pulp free only)
 - ◆ Fruit ices, Popsicles, Jell-O
- ◆ Please drink as much fluid as you possibly can. This helps the cleaning process and prevents dehydration.
- ◆ Avoid anything red, purple, or blue in color

- ◆ DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

THE DAY OF THE TEST:

- ◆ DO NOT EAT OR DRINK UNTIL AFTER THE PROCEDURE
- ◆ 4 hours before the flexible sigmoidoscopy, take one enema
- ◆ 3 hours before the flexible sigmoidoscopy, take one enema
- ◆ Do not use chewing gum
- ◆ Take your blood pressure and heart medications at 5 am with a small sip of water. For any other medications, please consult your physician for special instructions.
- ◆ **You must have a friend or family member stay with you during the procedure and drive you home afterwards.**
- ◆ Plan to be with us for a total of 2-3 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 15-30 minutes.
- ◆ After the flexible sigmoidoscopy, you will rest in the recovery area while the sedative wears off. The doctor will discuss with you/your companion the findings of the flexible sigmoidoscopy and the recommendations. Due to the sedation, you may not remember your conversation with the doctor after flexible sigmoidoscopy. If you have questions, you can call our office at a later time.
- ◆ **By law, you cannot drive the day of the procedure if you received anesthesia. We advise you to take the entire day off work.**
- ◆ If biopsies were taken, please call our office at 248-625-4055 for biopsy results 2 weeks after the procedure.