



## **FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS**

**Please follow these instructions carefully to ensure that you are properly prepared for your test:**

- 1. One Week Prior** to your exam: Avoid Aspirin, Aspirin-containing medication or certain pain medications such as Motrin, Advil, Aleve, Naprosyn, ibuprofen (“NSAIDs”). Tylenol (acetaminophen) is a safe, acceptable substitution for pain control during the week prior to your procedure.
- 2. Purchase three Fleet Enemas.**
- 3. 10 PM EVENING BEFORE the test:** Administer one Fleet Enema prior to bedtime the night before your procedure.
- 4. Morning of the test:** Take the second Fleet Enema 60-90 minutes before leaving your home for your appointment. If the evacuated material contains no formed (solid) material, you are well prepared. If you have noted solid fecal material after the 2<sup>nd</sup> enema, please administer a third and final enema (about an hour) before leaving for your appointment.
- 5. If you require sedation:**
  - a. 8pm the night prior to your procedure: NO SOLID FOOD**
  - b. You can have clear liquids only until 4 hours prior to the procedure. Coffee, milk, cream are not permissible.**
  - c. You must have nothing by mouth 4 hours prior to the procedure, other than morning medications can be taken with a small sip of water.**
- 6. If you do not require sedation, you must have nothing to eat 12 hours before the test but may drink liquids freely until 2 hours before the exam.**

**ESCORT POLICY:** If you are having your procedure done with sedation, please remember it is REQUIRED that someone pick you up after the procedure. Your escort does not have to be present for the entire procedure and can be called when you are in recovery.

**CANCELLATION POLICY:** If you must cancel, please call the office **at least 48 hours** before the date of your procedure so we may offer your appointment to a patient on our waiting list. Please note that **there is a \$175 cancellation fee for any procedure cancelled less than 48 hours in advance.**



## **Frequently Asked Questions**

### **What should I bring to the Center on the day of my procedure?**

- Photo ID and insurance card
- List of medications
- Remove all jewelry, piercings, and nail polish before arriving. If you have a non-removable piercing, please contact your physician's office.
- You will need to remove contact lenses before your procedure. Please bring extra contact lenses or glasses with you if required.
- You will have a locker to store your belongings

### **What if I am on my menstrual cycle on the day of my procedure?**

Your menstrual cycle will not affect your procedure.

PLEASE NOTE: Female patients under the age of 55 will be asked to submit a urine sample for the purposes of pregnancy testing prior to their procedure.

### **What should I wear to the Center?**

Wear comfortable clothing that is easily stored and removable.

### **What if I am breastfeeding?**

- In general, breastfeeding is considered to be safe after one is fully recovered from anesthesia.
- If you are breastfeeding, please discuss with your gastroenterologist prior to your procedure and notify the anesthesiologist on the day of your procedure.

### **How long will I be at the Center for my procedure?**

- Most patients spend an average of 2-3 hours at the Center.
- Your adult escort does not have to be with you the entire time and you may call your escort once you are in the recovery area to coordinate pick-up.

### **Will cannabis use impact my procedure?**

- If you smoke or vaporize cannabis, please discontinue use 12 hours prior to your procedure.
- If you ingest cannabis, please discontinue use 8 hours prior to your procedure.
- Cannabis use can have cardiac and respiratory effects that may have an impact during your procedure

### **If I have had a recent bed bug exposure, should I still come in for my procedure?**

- Our nurses screen all patients thoroughly for risks associated with bed bug exposures. Please let your physician know if you have had a recent bed bug exposure.

### **What if I just gave birth prior to my procedure?**

- Please inform your physician if you are less than 6 weeks post-partum.