

FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

Your flex sig is scheduled on _____ arrive at _____.

ONE WEEK before the procedure: Stop taking fiber, such as Metamucil; vitamins; iron; nutritional supplements; herbal products; any products that contain olestra (in non-fat potato chips); fish oil (may also be called Lovaza); and Alli. Also, arthritis type medications other than Tylenol or Celebrex should be stopped. If you are on Coumadin or any blood thinning medication, be sure to discuss this with the nurse to determine whether you need lab work prior to the procedure to adjust the dosage of this medication.

- Go to the pharmacy and purchase a TOTAL of four (4) Fleet enemas for the following prep.
- Go to a laboratory and have your lab work done if requested.

The day before the procedure:

1. Eat a light dinner.
2. Take two (2) Fleet enemas at 8:00 p.m.
3. Do not eat anything after midnight.

The morning of the procedure:

1. Take two (2) Fleet enemas 2 hours before your appointment.
2. The endoscopy center may be contacted starting at 7:00AM if you have any questions. You may brush your teeth.
3. You may have a clear liquid diet until 4 hours prior to your arrival time.
4. Insulin or oral diabetic medications should not be taken on the morning of your test. You may resume taking your medications after you are able to eat.
5. If you are taking blood pressure or heart medications, be sure to take them with a small amount of water on the morning of your procedure. If you have any questions, please call the office.
6. If at any time during the prep you notice excessive bleeding (3 tablespoons or more), stop the prep and call our office. Returns from the prep should be a yellow or green liquid, unless you have had red Jell-O, and then it may be red.

All Patients:

1. **Specimens:** During your procedure, specimens (biopsies, Clo tests, or stool samples) may be taken. These specimens are sent to an outside pathologist, hospital, or lab for processing. If your procedure requires specimens, you will be billed for these services from the respective pathologist, hospital, or lab. Please let us know if your insurance company requires you to use a certain pathology doctor, hospital, or lab. We will ask you for this information. A call to your insurance carrier will give you the most current information.
2. **Medications:**
 - A. **If you are on Coumadin or any blood thinning medication, discuss this with the nurse or doctor. You will be told if you need to have lab work drawn prior to the procedure & whether the Coumadin needs adjustment.**
 - B. **BRING YOUR CURRENT MEDICATIONS OR LIST WITH YOU ON THE DAY OF YOUR TEST.**
3. **Driver:** You will be sedated and you will have to have someone available to listen to the doctor's advice upon discharge and drive you home after the test. If you do not have a driver, your test will be rescheduled to a day when one is available. You can expect to be here for 2 to 3 hours.

IF YOU HAVE ANY QUESTIONS/ PROBLEMS, PLEASE CALL OUR OFFICE AND ASK FOR A NURSE
IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE LET US KNOW AS SOON AS POSSIBLE OR
AT LEAST TWO (2) BUSINESS DAYS PRIOR TO THE PROCEDURE.