

## Flexible Sigmoidoscopy

**PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.**

Your procedure is schedule on \_\_\_\_\_ with Dr. \_\_\_\_\_ at \_\_\_\_\_ . Please arrive at \_\_\_\_\_.

**Purchase from your pharmacy:** One 119 gram bottle of Miralax and 32oz Gatorade this is an over-the-counter laxative available at a pharmacy or grocery store and two disposable Fleet enemas.

### Day before flexible sigmoidoscopy:

1. You may follow a normal diet until 4pm. Beginning at 4pm you should consume clear liquids for the remainder of the day.

Clear liquids are:

- Clear fruit juices (white grape and apple juice)
  - Water, tea or coffee (without cream)
  - Kool-Aid or PowerAde
  - Clear soup, broth or bouillon
  - Popsicles
  - Hard candies
  - Soda Pop (7-Up, Sprite, regular or diet Pepsi/Coke, Ginger Ale, orange soda)
2. Mix the 119 gram bottle of Miralax and 32oz of Gatorade -- shake solution until fully dissolved & drink at 4pm.
  3. **NO ALCOHOL OR RECREATIONAL DRUG USE OR NO CHEWING/SMOKELESS TOBACCO PRODUCTS**

### Day of flexible sigmoidoscopy:

1. You will need to use two Fleet enemas per packet instructions 30 minutes before leaving home.
2. If you take morning medications, please take them with a few sips of water by 6am. Do not eat or drink anything additionally until after the flexible sigmoidoscopy.
3. You must have a driver to take you home. Ideally it is preferred that you have someone drive you to the facility, WAIT while you have your procedure, and then accept responsibility for your dismissal upon leaving the facility. During the check in process you will be expected to validate your responsible driver in the event your driver is not present at check in. If this validation process cannot occur, your procedure will be

canceled. PUBLIC TRANSPORTATION IS NOT AN ACCEPTABLE FORM OF TRANSPORTATION FOLLOWING YOUR PROCEDURE UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT WHO HAS A VALID DRIVER'S LICENSE. If you are scheduled at a hospital, please know individual hospital policies may require you to have a responsible party stay with you for twenty-four hours.

4. If you are of child-bearing age and 1) are sexually active and history suggests possible pregnancy, e.g. menstruation, or 2) are concerned about possible pregnancy or 3) the possibility of pregnancy is uncertain; please contact our office for us to arrange a pregnancy test via blood draw prior to your procedure or your procedure could be delayed or rescheduled. If you prefer to refrain from prescribed testing, you will be required to sign a pregnancy waiver the day of the procedure confirming you could not be pregnant.

## **FREQUENTLY ASKED QUESTIONS**

### ***Does my driver have to stay with me during the procedure?***

If you and your doctor are planning for you to be sedated, you will need a driver. If your driver does not wish to remain in the lobby, a contact number can be given to the nursing staff. These arrangements must be made during the check-in process or your procedure will be canceled. Typically, the driver can return two hours after they drop you off or they can be called prior to your dismissal time. Public transportation can only be used if you are also accompanied by a responsible adult who has a valid driver's license.

### ***Can I eat after my procedure?***

Usually you may resume your normal diet unless otherwise instructed.

### ***Will I be asleep for my procedure?***

If you and your doctor are planning for you to be sedated, in the procedure room an anesthesia provider will position you comfortably and give you medications through an IV, known as MAC anesthesia, to cause relaxation and sedation. This will cause you to fall asleep but you can breathe on your own and will wake up quickly. Based on your individual procedure and medical history you and your GI physician may determine to use an anesthetic known as moderate sedation (twilight sedation) or even no sedation at all, as appropriate.

## **WHAT TO BRING TO YOUR PROCEDURE**

- Completed forms from Midwest Endoscopy Services, Lakeside Endoscopy Center or Methodist Endoscopy Center ONLY if your procedure is at one of those locations.
- The first and last name of all doctors you want to receive a copy of your procedure report.
- If you are going to be sedated, you will need a responsible adult to drive you home. It will be mandated and enforced that you have someone to accept responsibility for your dismissal and provide you transportation home. No exceptions will be made to the Center's policy. Sedation is given during your procedure and impairs your ability to drive and make decisions. **IF YOU HAVE NOT ARRANGED FOR SOMEONE TO DRIVE YOU HOME, YOUR PROCEDURE WILL BE CANCELED.**

- Your insurance card and photo ID.

**WHAT TO WEAR TO YOUR PROCEDURE**

- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Please leave jewelry and valuables at home.

If you have any questions, please contact our office at 402-397-7057.