

# FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

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

1. Your procedure is scheduled at one of the following locations:

- SIERRA ENDOSCOPY CENTER, 300 SIERRA COLLEGE DRIVE, SUITE 105, GRASS VALLEY, CA 95945**
- SIERRA NEVADA MEMORIAL HOSPITAL, 155 GLASSON WAY, BLDG 3, GRASS VALLEY, CA 95945.**

You will receive a call two business day prior to your procedure to provide you with your arrival time and your procedure instructions. If you do not answer, a voicemail will be left for you.

2. Bring your insurance cards, photo ID, and your driver to your procedure. If you do not bring a driver to check in with you, your procedure will be rescheduled. **NO EXCEPTIONS.** Your driver must be available by telephone during your procedure.

3. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless your doctor advises otherwise.

**If you have questions regarding your arrival time or need to cancel your procedure, please call (530)272-0527.**

**If you have any other questions regarding your procedure, prep, or medications, please call (530)273-3377.**

1 WEEK BEFORE	5 DAYS BEFORE	3 DAYS BEFORE	THE DAY OF YOUR COLONOSCOPY
<p>Read all prep instructions.</p> <p>Make sure you have your prep kit. If you have not picked it up yet, please call the doctor's office to re-send the prescription.</p> <p>The office phone number is: 530-273-3377.</p> <p>Arrange for a driver to bring you to and from your procedure.</p>	<p>Read all prep instructions.</p> <p><b>STOP taking any blood thinners and NSAIDs</b> such as: Advil, Aleve, Ibuprofen, Aspirin, Motrin, Vitamin E, Gingko Biloba or arthritis medications.</p> <p>Tylenol is okay.</p> <p><b>STOP</b> oral iron supplements.</p>	<p>Read all prep instructions.</p> <p><b>Eliminate all foods containing SEEDS</b> in your diet, for example: Strawberries, bananas, poppy seeds, tomatoes, bread with seeds, sesame seeds, etc.</p>	<p><b>No solid food starting 4 hours</b> before your procedure, only clear liquids.</p> <p><b>Stop all clear liquids 2 hours prior</b> to arrival time given by phone call.</p> <p><b>Take first enema</b>, as instructed, <b>2 hours prior</b> to arrival time.</p> <p><b>Take second enema</b>, as instructed, <b>1 hour prior</b> arrival time.</p> <p>Arrive at Sierra Endoscopy Center at the time given to you by phone call.</p>

### What are clear liquids?

We define a “clear liquid” as something you can read a newspaper through. **NO RED OR PURPLE FLAVORS.**

- 7-Up, ginger ale, Sprite, Mountain Dew
- Water, Smart Water/Life Water (added electrolytes)
- Apple juice, WHITE cranberry juice, WHITE grape juice
- Vegetarian, chicken, or beef broth
- Jell-O examples: peach, lemon, and lime (**NO RED OR PURPLE FLAVORS**)
- Tea or black coffee (**NO CREAM OR SUGAR**)
- Popsicle and hard candies (**NO RED OR PURPLE FLAVORS**)

### What should I eat for a light lunch?

A light lunch consists of easily digestible foods. For example: eggs, cottage cheese, white meats, yogurt, rice, skinless potatoes, apple sauce, white or sourdough bread. **NO raw vegetables.**

### What medications can be taken?

Diabetic medications	Check your blood sugar frequently while taking the prep solution and on the morning of your procedure. <u>On the day before:</u> -We recommend you reduce your insulin doses by one half <u>On the day of your procedure:</u> -Do not take any diabetes pills -Do not take any long-acting or short-acting insulin unless advised otherwise by the doctor. -Hard candy (no red or purple) or clear soft drinks are OK if blood sugars are too low.
Aspirin/NSAIDS	Stop taking Aspirin, Aleve, Ibuprofen, Motrin, Vitamin E, Gingko biloba, arthritis medications and any other anti-inflammatory medications <u>5 days</u> prior to your procedure. <b>TYLENOL/ACETAMINOPHEN IS OK TO TAKE.</b>
Anticoagulants (specialty blood thinners)	If you take Coumadin, Warfarin, Plavix, Aggrenox, Effient, Pradaxa, Eliquis, Heparin, Arixtra, or any other specialty blood thinners; Please notify the doctor and/or Endoscopy Center staff as soon as possible.
Other medications:	Please wait until after the procedure to take all other medications, if possible. If not, please take all other medications in the morning with minimal water intake.

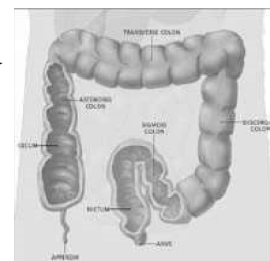
### What should I wear to the procedure?

Wear comfortable, loose fitting clothing that is easy to get in and out of. Wear flat shoes. Do not wear jewelry, body lotions, and bring any valuables. Please avoid any lotions or body scents.

# Understanding a Flexible Sigmoidoscopy

## What is a flexible sigmoidoscopy?

Flexible sigmoidoscopy lets your doctor examine the lining of the rectum and a portion of the colon (large intestine) by inserting a flexible tube about the thickness of your finger into the anus and slowly advancing it into the rectum and lower part of the colon.



## What preparation is required?

Your doctor will tell you what cleansing routine to use. In general, preparation consists of one or two enemas prior to the procedure but could include laxatives or dietary modifications as well. However, in some circumstances your doctor might advise you to forgo any special preparation. Because the rectum and lower colon must be completely empty for the procedure to be accurate, it's important to follow your doctor's instructions carefully.

## Should I continue my current medications?

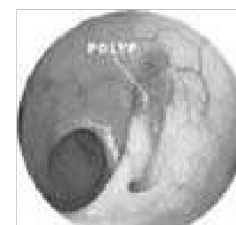
Most medications can be continued as usual. Inform your doctor about medications that you're taking -particularly aspirin products or anticoagulants (blood thinners) such as warfarin, heparin, or clopidogrel, as well as any allergies you have to medications.

## What can I expect during a flexible sigmoidoscopy?

Flexible sigmoidoscopy is usually well-tolerated. You might experience a feeling of pressure, bloating or cramping during the procedure. You will lie on your side while your doctor advances the sigmoidoscope through the rectum and colon. As your doctor withdraws the instrument, your doctor will carefully examine the lining of the intestine.

## What if the flexible sigmoidoscopy finds something abnormal?

If your doctor sees an area that needs further evaluation, your doctor might take a biopsy (tissue sample) to be analyzed. Obtaining a biopsy does not cause any pain or discomfort. Biopsies are used to identify many conditions, and your doctor might order one even if he or she doesn't suspect cancer. If your doctor finds polyps, he or she might take a biopsy of them as well. Polyps, which are growths from the lining of the colon, vary in size and types. Polyps known as



"hyperplastic" might not require removal, but benign polyps known as "adenomas" have a small risk of becoming cancerous. Your doctor will likely ask you to have a colonoscopy (a complete examination of the colon to remove large polyps or any small adenomas).

### **What happens after a flexible sigmoidoscopy?**

Your doctor will explain the results to you when the procedure is done. You might feel bloating or some mild cramping because of the air that was passed into the colon during the examination. This will disappear quickly when you pass gas. You should be able to eat and resume your normal activities after leaving your doctor's office or the hospital, assuming you did not receive any sedative medication.

### **What are possible complications of a flexible sigmoidoscopy?**

Flexible sigmoidoscopy and biopsy are safe when performed by doctors who are specially trained and experienced in these endoscopic procedures. Complications are rare, but it's important for you to recognize early signs of possible complications. Contact your doctor if you notice severe abdominal pain, fevers and chills, or rectal bleeding. Note that rectal bleeding can occur several days after the exam.

#### **IMPORTANT REMINDER:**

*The preceding information is intended only to provide general information and not as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.*