

ENDOSCOPY CENTER, 2 North
CHARETTE HEALTHCARE CENTER, PORTSMOUTH, VA
757-953-2003
Flex Sig prep

APPT DATE:
APPT TIME:
ARRIVE AT:
PHYSICIAN:

You are scheduled to have a **Flexible Sigmoidoscopy**. This procedure visually examines the lining of the lower 1/3 of colon and rectum using a long, thin, flexible tube equipped with a video camera and a light on its end. This procedure diagnoses sigmoid colon and rectal problems. Small tissue samples (biopsies) and small polyps can be removed through the scope. In order for the procedure to be accurate and complete, the lower colon must be cleaned. Please follow all instructions. If you have questions regarding your prep or other instructions please contact the clinic at 953-2003/2004 (questions option #5; to reschedule #4)

- **It is recommended that all females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. This MUST be done PRIOR to day of procedure.**
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- **Patients with sleep apnea; need to bring your CPAP machine.**

ONE DAY BEFORE THE EXAM

- EAT LIGHTLY

ON THE DAY OF THE EXAM:

- You may continue to drink clear liquids (8oz every hour) up to 3 hours before your arrival time.
- **Then nothing by mouth; not even water after:** _____
- **3 - 4 hours before your procedure: give yourself 2 Fleet enemas**, one after the other.

Arrive at the GI Clinic@ (1 hour before your scheduled appointment).

Upon arrival, check in at the front desk **with driver. @**

- You do not need to be in uniform. Wear comfortable clothing, as you might be a little bloated after the procedure.
- Do not wear make-up, contact lenses, or nail polish; jewelry
- Plan to spend about 2-4 hours in the Endoscopy Center.

MEDICATIONS & SPECIAL MEDICAL CONDITIONS

On the day of your procedure, please be ready to give the name and date of last dose of any and all drugs (Over the counter and prescribed) taken recently.

- **You may continue to take over the counter pain relievers and aspirin products up through the procedure.**
- It is okay to take sips of water to swallow your morning medications as instructed.
- **If you are unsure about a medication, please call the clinic at 757-953-2003/2004 (#5)**
- **Continue to take prescribed blood pressure and heart medications throughout the prep**, including the morning of the procedure, with a small sip of water

- **If you are DIABETIC:**
Taking **insulin**, -evening before procedure; take ½ dose.
Morning of procedure; **DO NOT** take insulin. Check your blood sugars as directed especially the AM of your procedure
Oral medication; do not take the morning of your procedure.
- If you are taking **blood thinners** (Coumadin, Pradaxa, or Plavix) consult your physician.

IMPORTANT REMINDERS:

- PATIENTS THAT ARE HAVING SEDATION; cannot legally drive until the day following your procedure. **If you cannot arrange for a driver, your procedure will need to be rescheduled. Someone must be in the GI Clinic to accompany and drive you home.**
- **BECAUSE OF THE SEDATION YOU CANNOT**
 - ✓ Operate machinery , including a motor vehicle until the day following your procedure
 - ✓ Sign anything legally binding or make important personal or business decisions
 - ✓ Consume any alcoholic beverages
- You can resume your normal activities the following day.

NOTE: If you cannot arrange for a driver, your procedure will need to be rescheduled. **Someone must come, stay and wait in the GI Clinic to accompany you and drive you home.** (Taxi and Bus transportation is unacceptable).