

## Flexible sigmoidoscopy

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Please read this information right away.

Your health care clinician has recommended that you have an exam called a flexible sigmoidoscopy. It is very important that you prepare for this exam exactly as directed. If you do not follow these instructions, it may be necessary to cancel your exam.

Your appointment is scheduled for:

\_\_\_\_\_

Date

\_\_\_\_\_

Time

Location

Please call us if you have any questions about these instructions, or if you want to reschedule your appointment.

### **How should I prepare for my flexible sigmoidoscopy exam?**

- Please buy the kind of enema listed here. You must have this kind to prepare for the exam.
  - Buy 2 Fleet<sup>®</sup> or similar sodium phosphate enemas from your pharmacy.
- It is very important to follow these specific diet instructions.
  - Do not eat solid food after midnight the night before your exam.
- You may drink liquids up to 6 hours before your exam.
- **Two hours before your exam**, give yourself one enema according to the directions on the box. Give yourself the second enema right after the first enema.
- Do not wear perfumes or lotions the day of your exam.
- Please plan to be here for about 2 hours from start to finish. This time is needed to get you ready for your exam, complete the exam, and watch you after the exam is done.

*(continued)*

## Medications

- Tell your clinician if you need antibiotics before you have dental procedures. You may need antibiotics before this exam, too.
- If you take insulin, a pill for diabetes, Coumadin, Pradaxa, Effient, Apixaban, Plavix, Arixtra, Rivaroxaban or Anagrelide, you must check with your primary care clinician or prescribing clinician to adjust the dosage of the medication.
- It is **not** necessary to stop taking your aspirin or NSAIDs (Advil<sup>®</sup>, Motrin<sup>®</sup>, Aleve<sup>®</sup>) before your procedure. This recommendation is consistent with national gastroenterology societies and associations.
- On the day of your exam, take your medications as usual with a small amount of clear liquid.

## Do I need to have lab work done before the exam?

- If you take Coumadin, you must have an INR drawn in the morning the day before your exam or it will be drawn the day of your exam at our clinic.

## How much will the exam cost?

- You should call the phone number on the back of your insurance card. Ask them to give you an estimate of the charges you will be billed for. The cost of the exam is different depending on if it is a routine screening or done to specifically look for a cause related to symptoms (diagnostic).

## Polyps

- All polyps will be removed and sent for analysis.

## If you are having sedation

- You must arrange for transportation home after your exam.
- You must not drive home by yourself. You must not take a bus or cab by yourself. The medications you get during your exam affect your judgment and reflexes for many hours. That makes driving or traveling alone dangerous.
- If you have not arranged for a driver to be here in the department when you are ready to leave after the exam, we will not do the exam.
- You may not drive until the day after your exam.

## Results

- Results will be sent to you within 7 to 10 business days through the mail (a letter) or through *myHealthPartners* if you have an active HealthPartners account.