



The Villages Health

Flexible Sigmoidoscopy Preparation Instructions

Dr. Raymond Mis & Dr. Alan Sonsky

You have been scheduled for a flexible sigmoidoscopy at _____. We know it can be challenging to get ready for a flexible sigmoidoscopy. We also know that you may have many questions about the test. We created these instructions to help answer your questions and get you ready. After you read these instructions, **complete the attached checklist** as you prepare for the procedure.

Endoscopy Locations:

The Villages Endoscopy
10900 SE 174th Place Road
Summerfield, FL 34491
P: 352-245-7427

TVRH
1451 El Camino Real
The Villages, FL 32159
P: 352-323-5440

Lake Endoscopy Center, LLC
17355 SE 109th Terrace Road
Summerfield, FL 34491
P: 352-245-0846

- The Surgery Center will contact you **within 1 week** of your scheduled procedure to confirm your procedure time and check-in time.
- There is **NO** guarantee of a morning appointment.
- Our Physicians strive to stay on schedule and frequently are ahead of schedule, but emergencies do occur which could result in a schedule delay. We apologize in advance if this should occur and appreciate your understanding.

Failure to follow preparation instructions exactly may cause your procedure to be delayed or rescheduled to a later date.

Procedure Cancellation and Rescheduling:

Our office must be notified of all procedure cancellations and reschedules at least two business days prior to the procedure. To **CANCEL OR RESCHEDULE** a procedure, please call 352-674-8716. Again, there is **NO** guarantee of a morning appointment even if you reschedule.

WHAT IS A FLEXIBLE SIGMOIDOSCOPY?

The purpose of a flexible sigmoidoscopy is to look inside the sigmoid colon and rectum. The doctor will pass a flexible tube that has a small camera and headlight to see the inside of your colon on a TV monitor. The doctor can take biopsies of any abnormal areas and remove polyps. Sometimes this test is done with sedative medications.

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Follow these instructions to make this a one and done.

READ EVERY LINE CAREFULLY!

7 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY

- You should stop taking non-steroidal anti-inflammatory medicines (e.g., ibuprofen, Motrin, Aleve, Naprosyn and prescriptive NSAIDs) and Aspirin unless it has been prescribed by a doctor.
- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin, then you should not take any aspirin starting 7 days before the procedure.
- If you are prescribed one of the listed blood thinning/anticoagulation medications as follows:
 - Plavix (Clopidogrel)
 - Coumadin (Warfarin)
 - Fragmin (Dalteparin)
 - Arixtra (Fondaparinux)
 - Praxada (Dabigatran)
 - Brilinta (Ticagrelor)
 - Eliquis (Apixaban)
 - Pletal (Cilostazole)
 - Lovenox (Enoxaparin)
 - Effient (Parasugrel)
 - Xarelto (Rivaroxban)
 - Jantoven (Warfarin)

You will need to discuss with that prescribing provider the period your specific medication will need to be held prior to the date of your procedure. Our medical staff members can help coordinate any concerns if necessary. Call 325-674-8700.

3-5 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY **DATE:** _____

Purchase The Following Items:

1. Three Fleet enemas (saline)

1 DAY BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY **DATE:** _____

What to eat: You must NOT eat any solid foods the day before your procedure. You may only eat a clear liquid diet, including clear broth, Jell-O, and popsicles.

What to drink: You must drink only clear liquids for breakfast, lunch, and dinner. Be sure to drink plenty of liquids throughout the day. Liquids you CAN drink include water, black coffee, tea, apple juice, soda pop, club soda, and sports drinks such as Gatorade. Liquids you can NOT drink include milk, orange/pineapple juice, coffee with cream, and alcohol.



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Taking your "bowel prep":

- Administer 2 Fleet enemas back-to-back before bedtime.
- After you are done you can ONLY consume clear liquids.
- Do NOT have any solid food after midnight the night prior to the exam.

Medications: If you have diabetes, we recommend you take only one-half the dose of long-acting insulin (e.g., Lantus) the night before the colonoscopy.

DAY OF FLEXIBLE SIGMOIDOSCOPY

DATE: _____

What to eat: You must NOT eat any food, suck candy, or chew gum after midnight.

What to drink: Do not drink anything.

Medications: Do NOT take any medication for diabetes or diuretics (such as Lasix/furosemide) You may take your other medications, inclusive of your blood pressure medications with a small amount of liquid up to four hours before the sigmoidoscopy.

Taking your "bowel prep":

- Administer the third Fleet enema 2 hours prior to your arrival time.
- After you complete the prep do not take any other liquid or food.

Please note: If your appointment is scheduled in the afternoon, you may have clear liquids in moderation up to 4 hours prior to the arrival time you are given by the surgery center.

- Arrive 60 minutes before your scheduled appointment time accompanied by an adult who can drive you home after the test. Your driver is required to stay on the premises until you are ready to go home after the procedure.
- If you choose to have the sigmoidoscopy performed without sedative medications, you may come alone. If you choose to have the sigmoidoscopy performed with sedative medications, then you must be accompanied by an adult who can drive you home after the test. **The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.**
- You should expect to spend at least 4 hours in our procedure's unit, longer if you are scheduled to have an additional test done on the same day.



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FLEXIBLE SIGMOIDOSCOPY CHECKLIST

Instructions: Here is a checklist of things to do as you prepare for your flexible sigmoidoscopy. As you do each one, check it off the list by marking an “X” in each circle. Make sure each box has been checked prior to coming in for your procedure. We encourage you to place this form on your refrigerator to assist in getting this one and done.

Before you Start:

- Read these instructions carefully
- Purchase 3 saline Fleet enemas.
- Make sure you have no questions about your medications. If you do, call your doctor.
- Make sure you have planned for someone to drive you home from your flexible sigmoidoscopy.

One Day Before your Flexible Sigmoidoscopy:

- Eat breakfast – clear liquids only, no solid foods
- Eat lunch – clear liquids only, no solid foods
- Eat dinner – clear liquids only, no solid foods
- Administer 2 Fleet enemas back-to-back prior to bedtime.
- Drink plenty of clear liquids throughout the day.
- If you have diabetes and take Lantus, take only ½ your typical dose.

Day of your Flexible Sigmoidoscopy:

- Do not eat any solid food until after the colonoscopy.
- Administer the 3rd Fleet enema 2 hours prior to your arrival time.
- After you complete the prep do not take any other liquid or food.
- Arrive 60 minutes before the scheduled time accompanied by an adult who will be available to drive you home.
- Administered ½ dose of prescribed insulin and taken blood pressure medications only with 2 tablespoons of water.

If you have any questions or need to reschedule your exam, please call 352-674-8700.