

## Flexible Sigmoidoscopy

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ AM/PM

Provider: \_\_\_\_\_

**Please expect to be here on an average of 2-3 hours**

Additional Instructions: \_\_\_\_\_

### **Please report to the Mankato Clinic Endoscopy Center located at:**

1230 East Main Street, Mankato Call with any questions: 507-389-8582 Option 1

**What is a Flexible Sigmoidoscopy?** A flexible sigmoidoscopy allows your doctor to examine the lining of your rectum and a portion of the colon (large intestine) 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. If the doctor has recommended a flexible sigmoidoscopy, this will give you a basic understanding of the procedure, how it is performed, how it can help, and what side effects you might experience. It can't answer all of your questions, since a lot depends on the individual patient and the doctor. Please ask your doctor about anything you don't understand.

**What can I expect during a Flexible Sigmoidoscopy?** A flexible sigmoidoscopy is usually a well-tolerated. You might experience a feeling of pressure, bloating, or cramping during the procedure. You will lie on your left side while our 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. Our highest priority is performing the most careful and safest possible examination for each and every patient. Although we strive to remain on schedule, please understand that performing procedures may take longer in some patients than in others. We ask for your patience and that you allow 3-4 hours for check in, procedure, and recovery (if needed).

**What are the possible complications of a Flexible Sigmoidoscopy?** A flexible sigmoidoscopy and biopsy are safe when performed by doctors who are specially trained and experienced in these procedures. Complications are rare, but it is important for you to recognize early signs of possible complications. You will be given written discharge instructions after your flexible sigmoidoscopy.

You are scheduled for a sedated procedure. Do not drive or operate machinery for 12 hours after your procedure. **A responsible adult driver is required to drop you off and pick you up from your procedure.** We will contact your driver prior to discharge time to arrange your pick-up. If you arrive without a responsible adult driver, **your procedure will be rescheduled.** You cannot take a taxi, bus or walk home. We also recommend that someone stay with you for

## How to Prepare for Your Flexible Sigmoidoscopy

### 7 days before: \_\_\_\_\_

- Go to the pharmacy and purchase:
  - **2 Fleet enemas 4.5 fl. Oz.**
- Stop any iron supplements
- If you take anti-inflammatory medications (NSAIDs) such as ibuprofen, Advil, Motrin, naproxen, Aleve, or Aspirin, please contact your primary or pre-op provider asking if you should stop taking the medication prior to the procedure if you haven't already been instructed.

### 5 days before: \_\_\_\_\_

- **Do you take medications that affect the clotting of your blood (warfarin, Coumadin, Jantoven, Clopidogrel, Plavix, Heparin, Lovenox, etc)?** Please make sure you have talked to your doctor or the anticoagulation clinic and have a plan in place if you need to stop these medications or change the way you take these medications. If you keep taking these medications without a plan from your doctor or the anticoagulation clinic, your procedure may need to be rescheduled.
- Continue to take all other prescribed medications as directed, even on the day of procedure, unless directed by your doctor. (During prep time, take with small sips of water).

### Day of Procedure: \_\_\_\_\_

#### What should I bring the day of the procedure?

- List of current prescription and over-the-counter medications and herbal supplements.
  - Bring your prescription inhaler to your appointment if you have one.
- List of known allergies to medication, latex, and food.
- List of medical conditions and previous surgeries.
  - Please inform your healthcare provider if you are or could be pregnant.
  - If you are diabetic, bring your glucometer because you might need to check your blood sugar more often.
- Wear a short sleeved shirt and loose fitting, comfortable clothes.
- Leave all valuables at home.

### 2 hours prior: \_\_\_\_\_

- Take these morning medications (if prescribed) with a sip of water:
  - Blood pressure
  - Anti-anxiety
  - Pain
  - Anti-seizure
- If you have diabetes, please check your blood sugar at home before coming.  
Time \_\_\_\_\_ Result \_\_\_\_\_

#### There are two special types of medications that you **MAY NOT** take on the day of the procedure:

- **Diabetic medications**, including insulin and/or oral medications - **DO NOT** take these the morning of your procedure unless instructed by your doctor.
- If you take medications that affect the **clotting of your blood** (warfarin, Coumadin, Jantoven, Clopidogrel, Plavix, Heparin, Lovenox, etc.), make sure you have talked to your doctor or the anticoagulation clinic and have a plan in place if you need to stop these medications or change the way you take these medications.

**1 hour prior:** \_\_\_\_\_

- Take the 1<sup>st</sup> fleet enema **ONE** hour before coming to your procedure by following the instructions on the package
- Attempt to retain the enema for 10 minutes to obtain the best results. After expelling the first enema **repeat the process with the 2<sup>nd</sup> enema.**
- You may receive a 3<sup>rd</sup> enema at the clinic.

**Congratulations! You are ready for your procedure if you have followed these directions!**

If you have any questions, please call us at **507-389-8582 and select option #1 (Endoscopy Center).**

Please report to the **Mankato Clinic Endoscopy Center:**

1230 E. Main Street, Mankato, MN as scheduled with a responsible adult driver.