

# FLEXIBLE SIGMOIDOSCOPY

**Mercy Medical Center**

**Aultman Hospital**

**Stark Ambulatory Surgery Center**

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**Please note:** Please bring this form with you the day of your procedure. Please give a 48 hour notice of cancellation if at all possible.

Patient Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_  
Procedure \_\_\_\_\_ Procedure date \_\_\_\_\_ Time of Arrival \_\_\_\_\_  
Endoscopist \_\_\_\_\_ Referring MD \_\_\_\_\_ Diagnosis \_\_\_\_\_  
Cardiologist \_\_\_\_\_

## **Scheduler Check List:**

CHF/Heart Stents/MVP	_____	Spoke with patient	_____
Heart Valve Replacement	_____	Scheduler	_____
Metal Valve/Pig Valve	_____	Prep Given	_____
Defibrillator/Pacemaker	_____	Appt. in computer	_____
Kidney Disease	_____	Insurance	_____
Joint Prosthesis	_____		
Diabetic	_____		

## **ABOUT THE FLEXIBLE SIGMOIDOSCOPY:**

Your doctor has determined that you need to have an examination of part of your rectum and sigmoid colon with a flexible scope. The test itself takes approximately 15 minutes. However the entire process takes approximately two hours. When you arrive at the facility, the nurses will have you dress in a gown and ask if you would like conscious sedation administered for the test. If you choose to have sedation, an intravenous line will be placed, and you will be asked about your health history. You will also sign a consent form allowing your doctor to perform the procedure. If you choose, the nurse will give you medications through your intravenous line that will help keep you comfortable during the procedure. During the test, the doctor will need to inflate your colon with air. This may cause mild discomfort. Polyps or biopsies may be taken and will be sent to a lab for testing. This **WILL NOT** cause you any pain. These biopsy results can take up to 10 days to be processed and the results returned to us. [Click here for link to results](#). After the exam, the doctor will talk to you and your family to discuss the findings and give you recommendations for further testing or treatment for your condition. In the recovery area, you may feel “bloated” and you will be encouraged to pass gas. After the recovery period, you will be discharged home.

It is essential that you call your insurance company today and ask if this procedure needs precertification. Please call our office at 330-305-2020 Ext 435 only if precertification is necessary. We will then call your carrier to get the precertification prior to the procedure.

**Please read instructions carefully several days before your scheduled procedure and follow exactly. Please call with any questions at 330-305-2020.**

### **Flexible Sigmoidoscopy Instructions**

**-STOP** all Advil, Aleve, Celebrex, Ibuprofen, Lodene, Motrin, Relafen, Ticlid, Tylenol, Vioxx, or other anti-inflammatory medication **3 DAYS** before your colonoscopy:

**-STOP** all Aspirin & Plavix **1 WEEK** before your colonoscopy after we inform you that we obtained cardiac clearance. Also discontinue all herbs and iron supplements.

**-STOP** all Coumadin, Warfarin and Pradaxa for **4 DAYS** before your colonoscopy after we inform you that we obtained cardiac clearance.

-Do NOT take fiber supplements such as Metamucil, Benefiber or any other bulking agent for **2 days** before your exam.

-Do NOT eat seeds or nuts for **1 week** before your exam.

### **PREPARATION INSTRUCTIONS**

**-You can NOT have ANYTHING to eat or drink after midnight.**

**-Do TWO Fleet Enemas (can be purchased over the counter) and hour before you leave for this procedure.**

**The only medication you will take the morning of your procedure is heart, blood pressure and seizure disorder medication with a sip of water. You may use inhalers.**

**-Bring a list of ALL of your allergies and medications. Include the doses and when you take them.**

**- Insulin dependent diabetics:** Take half your insulin in AM day of procedure. You may bring the other half with you for after the procedure unless otherwise instructed by your primary care physician.

**- Diabetics on oral medication:** Do not take any of your diabetic medication until after your procedure when you can go home and eat.

**-If you receive conscious sedation, you will need a responsible adult to drive you home after the exam. If you do not have someone to drive you home, the exam will be cancelled.**

**-If you receive conscious sedation, do not plan on doing any activity that requires good judgment, mental alertness, or coordination for 24 hours after the exam.**

**-If you have severe pain, fever, vomiting, rectal bleeding, or any concerns after your exam, please call your doctor at 330-305-2020 or go to the emergency room.**

**\*\*\*Remember\*\*\***

**Your flexible sigmoidoscopy is only as good as your prep! Follow the prep instructions EXACTLY!**