Flexible Sigmoidoscopy Prep

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Flexible Sigmoidoscopy

READ ALL INSTRUCTIONS A WEEK BEFORE YOUR PROCEDURE
If you have questions, please call our office 303-788-8888, or visit www.southdenvergas.com.

You are scheduled for a Sigmoidoscopy which is an examination of the lower 1/3 to 1/2 of your colon (large intestine) with a lighted flexible scope. You must arrive at the check–in time. Plan to be with us for approximately 1 to 1 ½ hours, or longer if your procedure is done at the hospital.

When you arrive, you will change into a patient gown. The nursing staff will review your medical information. It is very important that we know if you are allergic to medications or other substances. We also need to know all prescribed medications and other non-prescription supplements or medications that you take. Include this information on the Medical History form and bring it with you to the Endoscopy Center. Your doctor will visit you to answer any questions. You will
then be wheeled into the procedure room and asked to lie on your left side. Your doctor gently inserts the sigmoidoscope into your rectum and it is guided a short distance into your colon. Air will flow into your colon through the scope and may cause a cramping sensation. This feeling is not abnormal; if you are uncomfortable please let the doctor know.

The sigmoidoscopy usually takes about 10-15 minutes. If an abnormality is seen during the sigmoidoscopy a sample (also called a biopsy) is removed and sent to pathology for examination under a microscope. You will not feel pain or discomfort when it is removed. Results may take 14 days to

come back. A copy of the results will be mailed to you, or they can be viewed on your SDG Patient Portal. After the sigmoidoscopy, your doctor will talk with you again and give you a copy of the procedure report. You will be given instructions about eating, activity, medications and follow-up before you are discharged.

Depending on the services you need for your procedure, you will receive separate charges for the Physician, the facility, the pathology lab and /or the anesthesiologist. South Denver GI will verify insurance benefits for the physician. We will contact you before the procedure with an estimate of any financial responsibility you may owe which will be due at the time of check-in. You may still owe a final balance after your insurance company processes the claim. An itemized statement of any balance due will be mailed to you at that time. If you have questions or wish to make arrangements for the
South Denver GI physician charges you may call our Business Office (303-874-1700) before your procedure.

Insurance benefits & charges from all other service providers will be verified & billed separately. These providers may also contact you. You are required to pay deductibles, co-pays, coinsurance and non-covered services at check-in the day of your procedure. Check with your insurance carrier so that you understand your financial responsibility. The amount of your coverage is a contract between you and your insurance provider that we are unable to change.

BRING your insurance card, photo ID, a copy of your living will, advanced directive or medical power of attorney. LEAVE VALUABLES AT HOME; the facility cannot take responsibility for safeguarding them.

CANCELLATION POLICY: You must cancel your appointment 2 days before the procedure or a $75.00 fee per procedure may be assessed. Call 303-788-8888 option #7 to cancel or reschedule.

The HIPAA (Privacy Policy) is visible for viewing in the waiting room and will be provided upon request.

7 OR MORE DAYS BEFORE THE SIGMOIDOSCOPY

- Purchase (2) TWO 4.5 oz. FLEET brand sodium phosphate saline enemas or an equal generic. You can purchase the enemas at any pharmacy without a prescription. Ask the Pharmacist for assistance if necessary. DO NOT purchase enemas with other ingredients such as mineral oil or glycerin.
- AVOID a high fiber diet including such foods as nuts, seeds, popcorn, whole grain breads, cereal, bran and granola for a week before your sigmoidoscopy.
- If you take BLOOD THINNERS we will obtain authorization from your prescribing doctor for you to hold them. We will call you with specific instructions. If we have not called you at this time, please call our office immediately.
- If you take Warfarin, Coumadin or Jantoven, you must have your PT/INR checked the day before your procedure. We will give you specific instructions for this test.
- Take your heart and blood pressure medications as close to your regular schedule as possible. If you are scheduled to take them within the 2 hours prior to the scheduled procedure time, please take them earlier than the 2 hours and with only a small amount of water.
- Diabetes medications: We ask that GLP-1 medications be held for ONE dose. Please contact your prescribing provider’s office for specific instructions.
- Check your blood sugar in the morning before you come in for the procedure.
- If you use inhalers for asthma bring them with you.

2 DAYS BEFORE THE SIGMOIDOSCOPY

- Fill out the required forms now, in black ink to avoid delays when you check-in. This includes all medicalinformation, all prescribed medications, non-prescription-over-the-counter medications and allergies.

THE DAY OF THE SIGMOIDOSCOPY

Purchase two Fleet enemas at any pharmacy. These should be used the day of the exam. 90 minutes before you leave home for the procedure, administer the two enemas.

Follow these insertion directions:

1. Lie on your left side.

2. Remove the cap from the tip of the enema bottle.

3. Insert the tip of the enema bottle gently into your rectum, about four inches.

4. Slowly squeeze the entire contents of the bottle into your rectum.

5. Hold the fluid inside of you for about 15 minutes, if possible.

6. Sit on the toilet and expel the fluid.

7. Immediately repeat steps 1–6 for the second enema.