

Flexible Sigmoidoscopy with Sedation
READ ALL INSTRUCTIONS A WEEK BEFORE YOUR PROCEDURE

If you have questions, please call our office 303-788-8888, or visit www.southdenvergi.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 1 ½ to 2 hours or longer if your procedure is done at the hospital. By law, you may not drive until the day after the procedure. **Your driver must be at least 18 years old, licensed and is required to stay on the premises.** We do not allow Buses or Taxis to transport you. Your procedure will be cancelled if you do not have a driver. We advise you to take the day off work and do not travel to remote areas without medical facilities for at least 7 days following your procedure.

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. The nurse will insert an I.V. and 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. You will be given I.V. medication that will make you relaxed and sleepy. 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, you will rest in the recovery area for approximately 30 minutes. Your doctor will talk with you again and give you a copy of the procedure report. You may not remember your conversation because of the sedation. Your driver, a family member or a friend may stay with you in the recovery area if you choose. They may speak with the doctor and nurses on your behalf. You will be given instructions about eating, activity and medications 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 for the facility and 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 I.D., 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.
- Arrange for a licensed driver, at least 18 years of age. Your procedure will be cancelled if you do not have a ride.
- 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.
- **DO NOT STOP** heart, blood pressure or other regular medication unless your doctor instructs you to do so. You may continue to take aspirin as prescribed.
- If you are scheduled to have anesthesia, the anesthesiologist may contact you to review your medical history, medications and allergies. **Tell us now if you are allergic to soy, peanuts or egg yolks.**
- If you are on medication for **DIABETES**, check with the doctor that prescribes it because you may need a dose change the day before or the day of your procedure. If you regularly monitor your blood sugar continue to do so at usual times. Check your blood sugar in the morning before you come in for the procedure.
- If you take a prescription type weight loss medication such as **Phentermine** you must hold it for 7 days before the procedure because of possible adverse drug interactions with the anesthetic medications.
- If you use inhalers for Asthma bring them with you. If you use a CPAP or BIPAP for sleep apnea, bring your machine with you.

2 DAYS BEFORE THE SIGMOIDOSCOPY

- **CONFIRM** your arrangements with a licensed driver, who is at least 18 years of age and can stay on the premises.
- Fill out the required forms now, in black ink to avoid delays when you check-in. This includes all medical information, all prescribed medications, non-prescription-over-the-counter medications and allergies.

THE DAY OF THE SIGMOIDOSCOPY

- 6 (SIX) HOURS BEFORE YOUR PROCEDURE WITH ANESTHESIA, YOU **MAY NOT EAT OR DRINK ANYTHING, INCLUDING WATER.**
- If you are a **DIABETIC** and monitor your blood sugar, please check it before you leave for the procedure.
- **1-2 hours before you leave for the procedure follow the package instructions to insert (2) two enemas into your rectum, hold for 5-10 minutes and release the liquid in the toilet.**
- Wear comfortable, loose clothing with short sleeves, low heeled shoes and socks.