

Patient Name: _____

Physician: _____

Procedure Date: _____

Procedure Time: _____

Arrival Time: _____

_____ With Sedation _____ Without Sedation

*Banner Estrella Surgery Center, 9301 W. Thomas Road,
Phoenix, 623-388-5700

*Surgical Elite, 10815 W. McDowell Suite 101,
Avondale, 623-433-0110

*West Valley Hospital, 13677 W. McDowell,
Goodyear, 623-882-1850

Flexible Sigmoidoscopy

- ***If you are going to be sedated, you will need a designated driver to take you home after the exam, you may not use taxi/cab for transportation back home***

WHEN YOU RECEIVE YOUR INSTRUCTIONS:

- If you take Coumadin®, please contact your doctor AT ONCE.
- If you have an internal cardiac defibrillator, call 623-772-6999 IMMEDIATELY.
- If you have diabetes, please read the attached special instruction sheet. Check your blood sugar prior to exam check-in time. Bring your glucometer to your appointment.
- Bring a current copy of your Advance Directive (i.e., Living Will, Medical Power of Attorney) to place in your medical record, unless you have recently done so.

PLEASE REMEMBER

If you chose to be sedated, during this exam, you will receive intravenous (IV) medicine to relax you. For the first 24 hours after this medicine, you may have the following:

- Lapses of memory.
- Slowed reaction time.
- Impaired judgment.

Therefore, the following is necessary for your safety:

- Your exam WILL NOT be done unless you have a responsible adult accompany you home and be available to report any unexpected medical problems.
- Do not drive motorized vehicles or equipment for 24 hours.

- Do not drink alcohol for 24 hours.
- Rest for the remainder of the day.
- Do not return to work.
- Do not assume responsibility for young children or anyone dependent on your care.
- Avoid making important decisions or signing legal documents.
- Do not travel by airplane for 7-10 days after your procedure.

PREPARING FOR THE EXAM

One week (7 days) BEFORE your exam:

- **No aspirin, aspirin-containing products, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Plavix, or other anti-inflammatory medications (1) week prior to procedure. STOP DATE:**
- **No alcohol 2 days prior to procedure.**

The day BEFORE your exam:

- Eat and drink normally.
- Take your medicine as usual.
- Purchase **two (2)** packaged ready to use enemas (Fleets®) from a pharmacy.
- Purchase and drink a 10 ounce bottle of magnesium citrate at 6PM.
- Notify your physician if you have an ostomy as you will need special directions. Please bring ostomy supplies along with you.

The day OF the exam:

- You may eat and drink normally before your exam.
- Enemas are best taken at home or your hotel 60 to 90 minutes before your exam.
- Follow instructions for giving enemas on product insert.
- After first enema and bowel movement, repeat with the second enema.
- Restrooms are available at the Endoscopy Department if needed.

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.

Please remove and leave all jewelry at home.

UPON ARRIVAL TO ENDOSCOPY DEPARTMENT

You will be asked to change into a gown. Your health history will be reviewed and if you chose to be sedated your IV will be started. Then you will be taken to an exam room. Your vital signs will be watched closely during the exam by a registered nurse.

With sedation, you will receive medication through your vein. This is called intravenous (IV) sedation. The purpose of this medicine is to help you relax and make you more

comfortable. It may make you sleepy but you will still be able to communicate with your caregivers.

During the exam, the physician will examine your rectum with a gloved finger. Then, a lubricated scope will be passed through your rectum into the first part of your colon. You may have a feeling of abdominal pressure or cramping as the scope is moved or as air is inserted.

The scope is equipped with a small camera that sends pictures to a screen. The scope allows the physician to look closely at the inside of the lower colon for bleeding, inflammation or tumors. There is also an open channel in the scope through which the physician may pass instruments to:

- Sample tissue (biopsy).

This exam usually takes 5 minutes. When your exam is finished, you will be able to resume your activities. Your physician will give you the results of your exam by follow-up appointment, phone call or letter.

RISKS ASSOCIATED WITH FLEXIBLE SIGMOIDOSCOPY

Serious problems with this exam are uncommon. Possible problems include perforation (tear through the wall of the bowel), bleeding from biopsy site or infection. You may discuss all possible problems with your physician.

FINANCIAL QUESTIONS

Ensuring payment for all procedures (and associated costs) is **YOUR RESPONSIBILITY**. Our office will do its best to pre-certify the procedure with your insurance company. We cannot know ahead of time, though, what your part of the cost of the procedure will be. The cost is different for every insurance company and every individual plan. If you have any concerns, you need to contact the customer service department of your insurance provider **PRIOR** to undergoing the procedure. Please remember to inquire about coverage for ancillary services such as the facility fees, anesthesia, and pathology fees.

You understand you are responsible for any deductibles, co-payments, co-insurance or amounts not covered by the Insurance carrier for your procedure. You further understand any collection fees will also be your responsibility. **In addition, you are aware that if you cannot attend your scheduled procedure, you must call at least 48 hours in advance to avoid a \$200 no show fee.**

AFTER THE EXAM

Discomfort

It is normal to feel bloated, have gas cramps and pass air. This will last until the air is expelled from your colon. Walking will help relieve discomfort.

Activity

You may resume your regular activity for the day.

Diet

Resume your usual diet if no other tests are ordered.

WHEN TO SEEK MEDICAL HELP

If you experience any of the following symptoms, call or go to the nearest Emergency Department.

- Pass blood clots or blood colors the toilet water red (Some blood with the first bowel movement is normal).
- Constant abdominal or rectal pain, with or without blood.
- Temperature of 100.4 degrees F. (38 degrees C.) or greater.

If you have any questions about preparing for your upper endoscopy or the exam itself, do not hesitate to speak with your physician.

Call 623-772-6999.