

Flexible Sigmoidoscopy Preparation Instructions

A flexible sigmoidoscopy is an exam that allows your doctor to evaluate the lower part of the large intestine. During a flexible sigmoidoscopy exam, a thin, flexible tube is inserted into the rectum. This exam can help your doctor explore possible causes of abdominal pain, rectal bleeding, changes in bowel habits, chronic diarrhea, and other intestinal problems. This procedure may be done with or without sedation, consult your physician to make the best choice for you.

Important: Please read the following information carefully. If preparation instructions are not followed, your procedure will need to be rescheduled. If you do not understand the instructions in this handout, please call 406-898-1200 and we will answer any questions you may have.

Medications

- Discuss medications you are taking with your prescribing doctor. Your prescribing doctor will provide instructions for how to appropriately adjust your medications prior to your procedure.
- Examples of medications that potentially need to be adjusted are blood thinners, diabetes medications, and insulin.
- Automatic Implantable Cardioverter-defibrillator (AICD): Tell your doctor if you have an AICD. You will need a clearance letter from your cardiologist prior to the procedure.
- If medication doses have not been appropriately assessed by the prescribing doctor your procedure will be rescheduled. If you have questions, please call 406-898-1200.
- Please contact 406-898-1550 if your prescribing physician does not allow you to hold your anticoagulants/blood thinners 3 days prior to the procedure.

Appointment Details

Date of Procedure:

Check-In Time:

The Surgery Center will contact you the business day before to confirm your check in time.

- **To reschedule or cancel your procedure, please contact the surgery center scheduling team at 406-898-1430 between 8:00am-5:00pm Monday-Friday.**
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LOCATION: Billings Clinic Bozeman Surgery Center 3905 Wellness Way Bozeman, MT 59718

Your procedure will take place in the Billings Clinic Bozeman Surgery Center. It will take about 1-3 hours, depending on if sedation was chosen or not.

Transportation

If you are having sedation for your procedure, you cannot drive yourself, take a taxi, Uber, or leave the endoscopy department alone. Arrange for a friend or family member (18 yrs+) to stay during the entire procedure and take you home. If you do not have a driver with you, your examination will be rescheduled. If you have any questions, please call 406-898-1200.

If you do not receive sedation or anesthesia for your procedure, you may disregard this section.

What to Bring

Your wallet, insurance information, AICD card if applicable, your rescue inhaler (albuterol, etc.) if applicable, a case for your glasses, and your Healthcare Proxy form if you have one.

3 Days Prior to Procedure

Stop all blood thinners, NSAID's (Ibuprofen, Aleve, etc.), iron supplements, and Vitamin E. You can take Tylenol. Please notify your Primary Care Provider or Cardiologist prior to stopping blood thinning medications.

- Please contact 406-898-1550 if your prescribing physician does not allow you to hold your anticoagulants/blood thinners 3 days prior to the procedure.

1 Day Prior to Procedure

Purchase **2 Fleet Enemas** from a pharmacy or grocery store. An enema is an injection of fluid into the rectum to cause a bowel movement. Fleets enemas are bottles of fluid specially made for this purpose. They can be purchased at a pharmacy or at some grocery stores.

This will be used as an enema sigmoid colon prep the day of your procedure.

The Night Before Your Procedure

Starting at midnight, eat only a clear liquid diet. A clear liquid diet consists only of liquids that you would be able to read a newspaper through. You may not drink alcohol the morning of your procedure. **No solid food, no dairy products, no alcohol. Do not drink anything that is red, purple, or blue in color.**

Clear Liquid Diet Includes

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape)
- Clear carbonated soft drinks
- Clear Sports drinks such as Gatorade.
- Jell-O

5 Hours Before Procedure

Stop drinking all clear liquids and taking medications. **This means that you should have nothing by mouth 5 hours before your procedure.**

2 Hours Before Procedure

1. 2 hours prior to your procedure, give yourself the first enema

- Try to hold the liquid in for as long as you can up to 15 minutes before having a bowel movement.
- Refer to package instructions for additional information on successful enema administration.

2. 1 hour later repeat this procedure with the second enema.

If travel or other circumstances don't allow for completion of the enema prep in the hour prior to check in, please arrive 90 minutes prior to your procedure and get checked in. This will allow time for you to perform the enemas in your pre-procedure room and use the endoscopy bathroom.

If prep is complete, arrive 60 minutes prior to your procedure.

After Your Procedure

If you do not receive sedation or anesthesia, you will be able to leave soon after your procedure. You will get dressed and review post procedure instructions with the discharge nurse.

If you do receive sedation or anesthesia, you will spend time in your post-procedure room where our nursing staff will monitor and care for you. Once it is felt safe, you will be able to leave with your driver. You will receive a printed copy of your discharge instructions for your own records. Once home, you may resume your normal diet and medications. Due to the medications given during the procedure. Do not drink alcohol for 24 hours after your procedure. We recommend you do not work, shop, or drive for the remainder of the day. You may resume your normal activities 24 hours after your procedure. You will receive a phone call the following day from our nurses to check on you.

If you were not scheduled for a follow up appointment with the GI clinic, please call 406-898-1200 to schedule with the GI clinic.

Important Reminders

- Please complete your preparation instructions.
- It is crucial that you contact your prescribing physician about adjusting your medications prior to your procedure. For example, blood thinners and diabetes medications must be adjusted.
 - Take only medications your healthcare provider told you to take the morning of your procedure.
- You cannot leave by yourself or drive home if sedation is used for your procedure.
- Nothing by mouth 5 hours before your procedure
- No lotion, cream, powder, makeup, perfume, or cologne the day of your procedure.
- Remove any jewelry, including body piercings.
- Leave valuable objects (such as credit cards and jewelry) at home.
- If you wear contact lenses, wear your glasses please. Please bring a case for your glasses.