

FLEX SIG PROCEDURE PREPARATION

Flexible Sigmoidoscopy

NAME: _____ **DATE:** _____ **ARRIVAL TIME:** _____

Read these instructions at least **ONE WEEK** before your scheduled appointment so that you understand how to adequately prepare for the colonoscopy procedure. It is very important that you follow all instructions carefully because inadequate bowel preparation can result in missed lesions, increased procedural time, a potential increase in complication rates and may require that your procedure be rescheduled.

In addition, please contact your insurance company to determine if you will have any out-of-pocket cost for your procedure.

If you have any questions about your *procedure preparation* or *medication guidelines*, please contact your scheduler,

Procedure Location

 Go to Outpatient Registration at the location indicated below.

Downtown Endoscopy Center
700 E. Broad St., 1st Floor
Columbus, OH 43215

Westerville Endoscopy Center
300 Polaris Parkway, Suite 1500
Westerville, OH 43082

Riverview Surgery Center
2401 N. Columbus St.
Lancaster, OH 43130

Grant Medical Center
Surgical & Heart Entrance
300 E. Town St.
Columbus, OH 43215

Other: _____

Please note: your arrival time is subject to change based upon the facility's schedule. You will receive a reminder call approximately two (2) days before your scheduled procedure at which time your arrival time will be confirmed. Please arrive at the time given to you by the facility.

“During a flexible sigmoidoscopy exam, a thin, flexible tube (sigmoidoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the rectum and most of the sigmoid colon — about the last two feet (61 centimeters) of the large intestine. If necessary, tissue samples (biopsies) can be taken through the scope during a flexible sigmoidoscopy exam.”

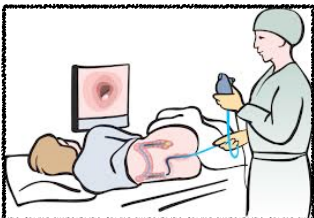
- MayoClinic.org

Prior to your procedure date:

Purchase two (2) FLEET enemas over the counter at your pharmacy.

The night before your procedure:

Do not eat or drink anything after midnight. This includes water.



On the day of your procedure:

1. Do not eat or drink anything.
2. Do not take your medications unless instructed to do so (see medication guidelines on back of sheet).
3. Give yourself one FLEET enema two (2) hours before leaving home.
4. Give yourself the second FLEET enema one hour before leaving home.

M E D I C A T I O N G U I D E L I N E S

Blood Thinners

Blood thinners (i.e. Coumadin) are stopped four (4) days prior to your procedure. Please talk with your prescribing physician to make sure it is safe to do so.

Blood Pressure, Seizure, & Heart Medications

These medications may be taken 3 hours prior to your procedure with a small sip of water.

Diabetic Medications

These medications are not to be taken the morning of the procedure. You may bring them with you to take after your procedure or take them when you get home.

Iron Supplements

Iron Supplements must be stopped one (1) week prior to your procedure. This medication makes the colon very dark, so it makes it difficult to see and increases the chances of your physician missing lesions, polyps, etc.

Non-Steroidal Anti-Inflammatory (NSAID) Medications & Chronic Pain Medications

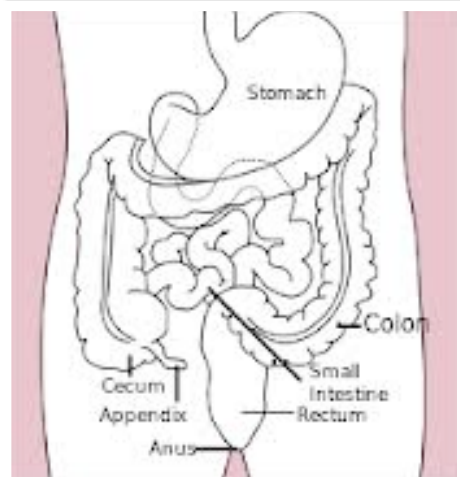
NSAID medications must be stopped 4 days before your procedure. This includes (but is not limited to) Advil, Aleve, Ascriptin, Celebrex, Empirin, Ibuprofen, Motrin, Naprosyn, Piroxicam, Sulindac, Voltaren.

If you need to take any medication for pain, you may take Tylenol (acetaminophen). If you take chronic pain medications, you may take them the morning of your procedure (3 hours before), but it is preferred that you do not since you will be administered pain medications for your procedure.

If you are unsure about the type of medication(s) you are taking, please contact your pharmacist.

TRANSPORTATION

For your safety, you must have an adult accompany you to the procedure and remain at the facility the entire time. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.



BIOPSY RESULTS

Call our office 7-10 business days after your procedure to get your biopsy results. Please dial the extension for your physicians medical assistant to receive these results.

Dr. Gordon Kim (ext. 230)
Dr. Tasos Manokas (ext. 248)
Dr. Adam Tzagournis (ext. 222)
Dr. John Tzagournis (ext. 226)
Dr. Michael Tzagournis (ext. 225)