

## Flexible Sigmoidoscopy (Flex Sig) Preparation

### Preparation Instructions

**Flexible Sigmoidoscopy** is an exam used to evaluate the lower part of the large intestine (colon). 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.

#### **One Week before the procedure:**

Please avoid any coumadin, aspirin, motrin, ibuprofen or pain medications, unless discussed with your doctor. Please also hold all iron therapies for 5 days before your procedure.

#### **One Day before the procedure:**

You may eat and drink normally until midnight the day before your procedure. No food or drink from midnight until after the procedure.

#### **Day of the procedure:**

- Use one Fleet enema as directed at 5 am the day of the procedure and a second Fleet enema one hour BEFORE the procedure (or as close to the time you depart from home as possible).
- DO NOT EAT OR DRINK ANYTHING ON THE DAY OF YOUR PROCEDURE!**
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means few **SMALL** sips of water. You may brush your teeth
- Arrive at the Endoscopy Center **ONE HOUR BEFORE** your procedure is scheduled
- Bring your **driver's license, insurance cards and medication list** to the Center
- You **must** be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, or go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled
- Special Instructions:  
\_\_\_\_\_ Hold morning dose of insulin the day of the procedure  
\_\_\_\_\_ If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.

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All results will be available within one week of the procedure and will be provided to your primary care doctor.

\* If your insurance requires pre-certification, or if you have an HMO, please let us know so that we can call and pre-certify you or obtain referral from your Primary Care Physician. All patients are responsible for informing us of *all* pre-certification.

\* **Cancellations/no shows less than 72 hours prior to the procedure will incur a penalty fee of \$150.00.** All cancelations must be made by calling the office at 773-368-3164.