



INSTRUCTIONS FOR YOUR PROCEDURE

What: Flexible Sigmoidoscopy

Where:

MEMORIAL HOSPITAL CENTRAL 1400 E BOULDER ST 719 – 365 – 5543 CHECK IN AT THE NORTH ENTRANCE	PENROSE HOSPITAL 2222 N NEVADA 719 – 776 – 8010 PRE-REGISTRATION AND SCHEDULE A PRE-OP	ST. FRANCIS HOSPITAL 6001 E WOODMEN RD 719 – 776 – 8010 PRE-REGISTRATION
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When: Date: _____ **Check-In Time:** _____ **Procedure Time:** _____

Failure to adhere to the following instructions may result in cancellation of your procedure.

****IMPORTANT INSTRUCTIONS****

1. Please wear loose, comfortable clothing. Bring your insurance cards, a photo ID, and a co-pay if needed.
2. If on anticoagulants, follow the protocol prior to your procedure. Please check with your prescribing physician.
3. Diabetics: The day of your procedure, please hold oral diabetic medications and short acting insulin until after the procedure. Please check with your prescribing physician.
4. **Continue to take your pain, psychological, blood pressure, and seizure medications as normal, but NOT WITHIN 4 HOURS OF THE PROCEDURE. (Hold Lisinopril the day of procedure)**
5. You **MUST** be accompanied by a responsible adult to drive you home. Buses and taxi services are not permitted unless you are accompanied by an adult.
6. If you cannot keep this appointment for any reason you must call the office at 719 – 636 – 1201. **48 hours'** notice is required, or you will be subject to a **\$250 fee**.
7. Do not eat anything the day before or the day of your procedure.
8. If your procedure is scheduled after 12:00 noon, you may have **CLEAR LIQUIDS** until 4 hours prior to your **CHECK IN** time.
9. **Please be advised that your procedure will likely be cancelled if you are found to have used illicit drugs within 14 days of your procedure or marijuana the day of your procedure.**

Please be advised

Every procedure will incur three of four separate fees that you will receive a bill for:

1. Facility fee – Facility where the procedure is performed.
2. Physician's fee – Peak Gastroenterology Associates, P.C.
3. Anesthetist's Fee
4. Pathology Fee – From the outside laboratory that performs tests on any biopsies taken during your procedure

How to Prepare for your Flexible Sigmoidoscopy

1. Two to three days before you start your prep:

- ✦ Purchase 2 bottles of Magnesium Citrate
- ✦ Purchase 2 Enemas (Fleets or Tap water)
- ✦ Follow the low-residue/low-fiber diet. See the attached guide.

2. The day before your procedure:

- ✦ You MAY drink: water, lemon/limeade, Gatorade®, Sprite®, 7 UP®, Ginger Ale, coffee and tea (without creamer, sugar and sweetener are ok), clear broth, bouillon, popsicles and Jell-O® that are not red or purple.
- ✦ You may not EAT anything!
- ✦ You may not drink anything red or purple!
- ✦ You may not consume milk/dairy!
- ✦ You may not consume alcoholic beverages!
- ✦ You may not consume dark sodas!
- ✦ You may not consume any fluids 4 hours prior to your procedure.

Please follow these directions unless otherwise directed by your gastroenterologist

3. The day before your procedure: At 5pm drink two bottles of Magnesium Citrate.

Perform the **first enema before bedtime the night before your procedure.**

4. The day of your procedure: Two hours prior to your check in time, perform the second enema.

Helpful Hints

- BABY WIPES ARE KINDER THAN TOILET PAPER
- PETROLEUM JELLY SOOTHES SORE AREAS
- KEEP SMILING! ☺