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FLEXIBLE SIGMOIDOSCOPY Patient Instructions

Patient Name: _____

Date: _____ Arrival Time for Procedure: _____

With Doctor: _____

Location: Ambulatory Endoscopy Center of Maryland Laurel Regional Hospital
 Washington Adventist Hospital Howard County General

YOU MUST PURCHASE: (2) 4.5 FL. OZ. size enema

What is Flexible Sigmoidoscopy? Flexible Sigmoidoscopy is a procedure that enables your physician to examine the lining of the rectum and colon (large bowel) by inserting a flexible tube that is about the thickness of your finger into the anus and advancing it slowly into the rectum and lower parts of the colon. It is usually well tolerated and rarely causes much pain. There is often a feeling of pressure, bloating or cramping at various times during the procedure. You will be lying on your side while the sigmoidoscope is advanced through the rectum and colon. As the instrument is withdrawn, the lining of the intestine is carefully examined. The procedure usually takes from 5 to 15 minutes.

What preparation is required? The rectum and lower colon must be completely empty of waste material for the procedure to be accurate and complete. Your physician will give you detailed instructions regarding the cleansing routine to be used. In general, preparation consists of one or two enemas prior to the procedure but may include laxatives or dietary modifications. In some circumstances, for example, if you have acute diarrhea or colitis, your physician may advise you to forego any special preparation before examination.

In order to be properly prepared for your procedure, please review the Pre-Procedure requirements on the attached sheet **one week** prior to your exam and follow the instructions carefully.

Should you have any questions please contact our office at **301-498-5500**.

If you should need to reschedule your procedure, we require at least 48 hour notice. If you fail to report on your procedure day or if you cancel your procedure with less than 48 hour notice, you may be subject to a \$150.00 late cancellation fee.

Address & Directions to Ambulatory Endoscopy Center of MD: 7350 Van Dusen Road, Suite 230, Laurel, MD 20707. Take I 95 to exit 33 A, Route 198 towards Laurel. At first intersection, turn right onto Van Dusen Road. At 5th traffic light, make a right into the Laurel Regional Hospital driveway. The Medical Arts Pavilion is on the right. You should report to Suite 230.

FLEXIBLE SIGMOIDOSCOPY PREP CHECKLIST

CAPITAL DIGESTIVE CARE, LLC

Appointment Day:	M	Tu	W	Th	F
Date:	_____				
Arrival Time:	_____				

PREPARATION FOR PROCEDURES WITH SEDATION:

Step 1:

(5) Five days before your Flex. Sig. Date: _____

- Please read through entire instruction sheet
- Purchase (2) 4.5 fl. Oz. size enema
- Discontinue medications containing iron
- Discontinue Ibuprofen, Advil/Motrin/Aleve & Anti-Inflammatory Medications & other NSAIDS.

- You may use Tylenol (Acetaminophen) for discomfort
- Discontinue blood thinners/anticoagulation medications (e.g. Plavix/Coumadin/Warfarin/Eliquis) as instructed by your physician, but take all other medications including blood pressure medication
- Arrange your ride home from your procedure
- Notes: _____

Step 2:

Day of Procedure: Date: _____

- You **MUST** have a ride **TO** and **FROM** the examination. You **CANNOT** drive yourself and **MUST** be accompanied by a responsible adult. You **MAY NOT** go home on public transportation alone. Pick up time will be approximately 1 hour
- NO gum, mints, hard candy or smoking day of procedure**
- In the morning,** take all other medications including blood pressure medication with sips of water
- An hour & a half before your appointment insert the first enema fluid into the rectum, hold it in for 5 minutes and then release into the toilet. Repeat immediately with the second enema.**
- Follow the instructions provided on the enema package for the proper technique for the insertion of the enema into the rectum.
- DO NOT eat, smoke or chew anything by mouth 8 hours before your procedure**
- You may drink clear liquids up to 4 hours before leaving for your procedure.

Stop time: _____

- If you are asthmatic,** please bring your inhaler with you on the day of your procedure.
- Please bring with you:** insurance cards, any co-payment required, medical history forms, driver's license or photo ID. Leave valuables & jewelry at home. Wear comfortable clothing.
- Your ride must park and come into the center waiting room to escort you home.

Notes: _____

FLEXIBLE SIGMOIDOSCOPY PREP CHECKLIST

CAPITAL DIGESTIVE CARE, LLC

Appointment Day:	M	Tu	W	Th	F
Date:	_____				
Arrival Time:	_____				

PREPARATION FOR PROCEDURES WITHOUT SEDATION:

Step 1:
(5) Five days before your Flex. Sig. Date: _____

- Please read through entire instruction sheet
- Purchase (2) 4.5 fl. Oz. size enema
- Discontinue medications containing iron
- Discontinue Ibuprofen, Advil/Motrin/Aleve & Anti-Inflammatory Medications & other NSAIDS. _____
- You may use Tylenol (Acetaminophen) for discomfort
Discontinue blood thinners/anticoagulation medications
(e.g. Plavix/Coumadin/Warfarin/Eliquis) as instructed by your physician, but take all other medications including blood pressure medication
- Notes: _____

Step 2:
Day of Procedure: Date: _____

- You **MAY** drive yourself to and from the examination.
- An hour & a half before your appointment insert the first enema fluid into the rectum, hold it in for 5 minutes and then release into the toilet. Repeat immediately with the second enema.**
- Do not eat anything after you have taken the 2 enemas**
- Follow the instructions provided on the enema package for the proper technique for the insertion of the enema into the rectum.
- In the morning, take all other medications including blood pressure medication with sips
- If you are asthmatic, please bring your inhaler with you on the day of your procedure.
- Please bring with you: insurance cards, any co-payment required, medical history forms, driver's license or photo ID. Leave valuables & jewelry at home. Wear comfortable clothing.
- Notes: _____

Questions Regarding Flexible Sigmoidoscopy:

- What if the Flexible Sigmoidoscopy shows something abnormal?** If the doctor sees an area that needs evaluation in greater detail, a biopsy (sample of the colon lining) may be obtained and submitted to a laboratory for analysis. If polyps are found, they can be biopsied, but usually are not removed at the time of the Sigmoidoscopy. Certain small polyps (“hyperplastic” by biopsy analysis) may not require removal. Your doctor will likely request that you have a colonoscopy (a complete examination of the colon) to remove any large polyp that is found, or any small polyp that is “adenomatous” after biopsy analysis. Colonoscopy can also check the remainder of your colon for the presence of other polyps.

- What happens after sigmoidoscopy?** After Sigmoidoscopy, the physician will explain the results to you. You may have some mild cramping or bloating sensation because of the air that has been passed into the colon during the examination. This will disappear quickly with the passage of gas. You should be able to eat and resume your normal activities after leaving your doctor’s office.

- What are the possible complications of flexible Sigmoidoscopy?** Flexible Sigmoidoscopy and biopsy are generally safe when performed by physician who have been specially trained and are experienced in these endoscopic procedures. Possible complications include a perforation (tear through the bowel wall) and bleeding from the site of a biopsy. Although complications after flexible sigmoidoscopy are rare, it is important for you to recognize early signs of any possible complication. Contact your physicians if you notice any of the following symptoms: Severe abdominal pain, Fevers and chills, Rectal bleeding of more than one-half cup. (It is important to note that rectal bleeding can occur even several days after a biopsy.)

You may receive a total of 4 statements; (1) Ambulatory Endoscopy Center of MD (facility), (2) Capital Digestive Care (physician), (3) Corridor Anesthesia (anesthesia) & (4) Capital Digestive Care Pathology (pathology).

11/08/17 GG/RJ