



## YOUR PERTINENT PROCEDURE INFORMATION

**Procedure Date:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

**Appointment Location Name:** \_\_\_\_\_

**Appointment Location Address:** \_\_\_\_\_

## INSTRUCTIONS

- Bring your photo ID, insurance cards and co-payment, if required.
- Wear comfortable clothing. Do not wear jewelry or bring valuables.
- Do not wear perfume or lotions. Deodorant is allowed.

## PRE-PROCEDURE INFORMATION ONE WEEK PRIOR

### PLEASE REVIEW 1 WEEK PRIOR TO YOUR PROCEDURE



#### LOCATION

Capital Digestive Care (CDC) has many local offices and endoscopy centers. Some of our locations are in close proximity to one another.

- Endoscopy center patients may be asked to arrive 45-60 minutes early to complete intake activities.

Please review your appointment reminder notices for the accurate arrival time.



#### MEDICATIONS

Talk to your doctor about any medications or supplements that you take routinely. Do not stop any prescription medications unless instructed by your prescribing physician.



#### TRANSPORTATION

Patients having a non-sedated Flex Sigmoidoscopy may drive themselves home after the procedure. There are no driving restrictions for non-sedated exams.



#### CANCELATION

Our practice requires notification of cancellation within one (1) week, otherwise, a fee of \$150 will apply.

# PRE-PROCEDURE INFORMATION

## For Flexible Sigmoidoscopy without Sedation

### ONE WEEK PRIOR



## 5 DAYS BEFORE THE PROCEDURE

### PHARMACY

**Pick up the following supplies:**

- You will need 2 Fleet Saline Enemas which you will purchase from any local pharmacy



### NOT ALLOWED

- If taking iron supplements, discontinue until after your procedure.
- If taking Phentermine discontinue until after your procedure.



## DAY OF THE PROCEDURE

**90 minutes prior to leaving your home for the appointment**

- You will need to self-administer the two Fleet Enemas, at home. Lying on your left side with your knees drawn up towards your chest, take the first enema and retain for approximately 5 minutes before releasing into the toilet.
- Take the second enema, retain for 5 minutes, and then release into the toilet.

### MEDICATIONS

- **Take your medications such as aspirin, blood pressure, Parkinson's, seizure, or asthma medications.**
- Some medications like blood thinners, certain diabetes or weight loss drugs, such as GLP-1 Ozempic, Wegovy and other medications for weight loss may need to be temporarily discontinued before the procedure.