



EAST END GASTROENTEROLOGY & HEPATOLOGY

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COLO

ENDO

COLO/ENDO

PATIENT: _____ **DATE SCHEDULED:** _____

_____ **APPOINTMENT TIME:** _____ **ARRIVAL**

TIME: _____

PLACE: 496 County Road 111, Building D Suite 2 Manorville, NY 11949

Directions to our Manorville Location:

GPS / GOOGLE MAPS – for address Put in CVS in MANORVILLE

From Points West Via LIE: Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn right onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

From Points East Via LIE: Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn left onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

PLEASE NOTE:

**PATIENTS THAT CANCEL WITH LESS THAN 72 HOURS
NOTICE WILL INCUR A \$100 CANCELLATION FEE**

FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

You have been scheduled for a Flexible Sigmoidoscopy. This information sheet will inform you of how to best prepare for the procedure. If there are any questions remaining after reading these instructions, please call our office. If you are unable to keep your appointment, please give us at least 72 hours notice.

IMPORTANT NOTES:

1. **You must arrange to have someone accompany you for the procedure. You will not be allowed to drive home, and you may not drive for the rest of the day. On the day of the procedure, if you arrive without someone to take you home, your procedure will not be done.**
2. **You cannot go to work the day of the procedure.**
3. **If you take any blood thinners such as Coumadin, Plavix, Effient, or Pradaxa on a daily basis, you must notify the Doctor immediately. These medications may need to be discontinued prior to your colonoscopy.**
4. **You must thoroughly read the instructions on the following pages.**

FLEXIBLE SIGMOIDOSCOPY INFORMATION:

Flexible Sigmoidoscopy is a diagnostic procedure that uses a thin flexible tube with a camera and a light to examine the beginning portion of the lining of your large intestine (known as the colon). During the exam, you will be lying on your left side on a stretcher. An intravenous catheter (an "IV") will be placed in a vein in your arm. You will then be hooked up to monitoring equipment to measure your heart rate, blood pressure and oxygen level of your blood. An Anesthesiologist or his/her assistant will administer medicine into your I.V. for sedation (**please notify us of any allergies to medicines**). Once you are asleep and comfortable, the colonoscope will be gently inserted into the rectum and carefully advanced through the left side of your colon. If an abnormality of the mucosa (lining) is noted, a biopsy can be obtained. The entire examination usually lasts from 10 minutes to 30 minutes.

The **benefits** of the procedure include the ability to detect and remove colon polyps for colon cancer prevention, evaluate gastrointestinal and abdominal symptoms, obtain biopsies, and identify and treat sites of bleeding. Although Flexible Sigmoidoscopy is a safe procedure, complications can occur. The **Risks** include, but are not limited to, Bleeding which can occur after polyp removal or therapy and generally stops on its own but on occasion may require blood transfusion, repeat colonoscopy, hospitalization and/or surgery ; Perforation which is a puncture or tear in colon wall which may require hospitalization, surgery and may be serious complication that can even cause death; Reaction to sedation which very rarely some patients develop low blood pressure, irregular heartbeat or difficulty breathing; Missed polyps or lesions which, because the test is not perfect, can occur particularly if they are small in size or flat in shape.

After the procedure, You might be sleepy for one to two hours after the procedure due to medications you will receive at the time of the procedure. You may expel some gas as air, which is instilled into the colon during the sigmoidoscopy, for adequate visualization. You may experience some abdominal bloating and distention for several hours after the sigmoidoscopy. You will be able to resume your diet after the colonoscopy, unless you are instructed otherwise.

ONE WEEK PRIOR TO EXAM:

- **Arrange for someone to drive you home from your procedure. YOU WILL NOT BE ALLOWED TO DRIVE HOME OR TAKE A TAXI WITHOUT AN ADULT (OTHER THAN THE TAXI DRIVER) TO ACCOMPANY YOU. On the day of the procedure, if you arrive without someone to take you home, your procedure WILL NOT be done.**
- **Arrange to take the day of the procedure off from work. You cannot go to work; you are to stay at home the remainder of the day after the procedure and relax. You may not DRIVE FOR THE REST OF THE DAY!**
- **Purchase one bottle of Magnesium Citrate and one bottle of Fleet's Enema (Both Over the Counter).**

DAY BEFORE PROCEDURE: (If your procedure is on a Wednesday, this would mean midnight Monday which is start of Tuesday)

1. Drink one bottle of Magnesium Citrate in the late afternoon around 3-4 pm.

2. Clear Liquid Diet only for dinner: Water, Seltzer, Apple Juice, White Grape Juice, Sprite, Ginger Ale, 7 UP, Mountain Dew, light colored sports drinks, crystal light, green or white tea, Bouillon or Clear Broth, Gatorade (NO RED), Italian Ice (NO RED), Plain Jello (NO RED), Popsicles (no milk or fruit pieces).

3. Administer the Fleet's Enema before going to bed. SAVE THE BOTTLE.

4. On morning of the procedure, you may have clear liquid diet as above. YOU CANNOT HAVE ANYTHING TO DRINK OR EAT 4 HOURS PRIOR TO PROCEDURE.

5. Administer 2 Tap Water enemas before coming for the procedure (Screw the top off the Fleet's enema bottle, fill it with room temperature tap water, administer it, and repeat a second time.)