Instructions for Flexible Sigmoidoscopy (Flex Sig)

DATE: ______ ARRIVAL TIME: ______ Take Elevator B to 4th Floor Atrium Towers Endoscopy Lab

IMPORTANT: PLEASE READ CAREFULLY. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN YOUR PROCEDURE BEING CANCELED, RESCHEDULED, OR REPEATED.

➢ Since anesthesia is used during the procedure, it is necessary for a responsible adult (family member or friend - 18 years and over) to accompany you home.

➢ Both you and your responsible adult should be prepared to stay at the hospital at least 3 hours from check-in to discharge. If they cannot stay during your procedure, your procedure will be canceled.

➢ Purchase 2 (two) Fleet disposable enemas from the pharmacy.

On occasion, unforeseen circumstances may cause a delay in your procedure start time. We respect your time and appreciate your patience during these circumstances.

➢ Please leave all valuables and jewelry (including earrings) at home--please bring protective cases for eyewear and hearing aids--wear comfortable clothing.

<table>
<thead>
<tr>
<th>Medication</th>
<th>What to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anticoagulant/blood thinning medication</td>
<td>Follow instructions from the scheduling nurse</td>
</tr>
<tr>
<td>Aggrenox, Brilinta, Effient, Eliquis, Lovenox, Plavix, Pletal, Pradaxa, Ticlid, Xarelto</td>
<td>Stop taking N/A prior to the procedure</td>
</tr>
<tr>
<td>Coumadin through Ochsner's Coumadin Clinic</td>
<td>Follow instructions from the Coumadin Clinic</td>
</tr>
</tbody>
</table>

➢ You may continue to take Aspirin until the day before the procedure or as directed by the scheduling nurse.

➢ If you are diabetic see the attached instruction sheet regarding your daily medication. Continue to monitor your blood sugar. When you begin clear liquid diet, you may drink beverages with sugar as your source of glucose.

➢ If you are a female under the age of 60, please be prepared to provide a urine sample on arrival.

If you have any questions about the cost of the procedure, you should contact your health insurance company as soon as possible. You can also contact Pre-service at Ochsner for co-pay and deductibles at 504-842-0550.

✓ Please bring a picture ID, insurance card, & copayment.
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✓ Please look over the clear liquid diet and purchase any necessary items.

Clear Liquid diet

- Water, tea/coffee (no milk or creamer)
- Clear soda (coke/sprite, ginger ale, root beer) regular and sugar-free
- Jell-O, plain or fruit flavored (no pieces of fruit or toppings)
- Clear juices (apple juice, white grape juice) no pulp
- Sports drinks (Gatorade, Power Aid)
- Clear broth soups (100% fat free beef, chicken, or vegetable)
- Snowball, popsicles (no pieces of fruit, toppings or pulp)
- Avoid dairy products (milk, creamer or smoothie) of any kind (liquid or powder)
- Do not drink alcohol, RED colored liquids, or drinks containing pulp
- No gum chewing or hard candy on day of procedure

The day before procedure DATE: ___

BY 7:00 PM Eat a light evening meal. No solid food after 7:00 pm. You may have clear liquids until midnight.

The day of the procedure DATE: ___

If your appointment is in the afternoon you may have liquids until TIME ____

➢ 6 am If you take HEART, BLOOD PRESSURE, SEIZURE, PAIN, LUNG (including inhalers/nebulizers), ANTI-REJECTION (transplant patients) or PSYCHIATRIC MEDICATIONS, please take the morning of procedure with a sip of water except for diabetic (if asked to hold).

✓ If you take your medications at a different time other than in the morning, please take medications at your regular scheduled times as directed by your doctor.

✓ If you begin taking any blood thinning medications, please contact the scheduler listed below as soon as possible.

➢ TIME _____ instill the content of the first enema into rectum and hold for 10 minutes. Expel contents, then wait 5 minutes and repeat with 2nd enema.

If you have questions regarding the prep or need to reschedule please call Endoscopy Scheduling Department (504) 842-4030 between the hours of 7am and 5pm. For problems related to your prep between 5pm and 7am contact Ochsner On-call at (504) 842-3155 or 1-800-231-5257.

Notes: ___

Revised 6/5/19 KP