

## 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.**

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

- **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 2<sup>nd</sup> 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:** \_\_\_\_\_