

Philip Nagel, MD
Dale Coy, MD
Manish Bhuvu, MD
Dafna Gordon, MD



Amit Shah, MD
Chad Spangler, MD
Brant Lutsi, MD
Erin Micklinghoff, CNP

Flexi Location: Barrington Office Suite 311 Good Shepherd West Pavillon Centegra Huntley Main Entrance Centegra McHenry Main Entrance

Physician: Dr. Bhuvu Dr. Coy Dr. Gordon Dr. Lutsi Dr. Nagel Dr. Shah Dr. Spangler

Date: ____/____/____ Arrival Time: ____:____ Procedure Time: ____:____

*** If you are having your test at a Centegra location, please call registration at (815) 334-5566

FLEXIBLE SIGMOIDOSCOPY PREP:

A flexible sigmoidoscopy is a procedure that examines the rectum and the last third section of the large intestine called the sigmoid colon with a flexible fiberoptic instrument. The doctor is looking for any abnormalities in the lining of the sigmoid colon and rectum and may take biopsies. This procedure may be done with or without sedation and usually takes about 5 to 15 minutes. However, you must plan to be at the facility for about 3 hours to allow for intake and recovery time.

Our office will do the precertification for your procedure. It is your responsibility to verify your benefits with your insurance company. Please inform our office if you have any changes to your insurance coverage or insurance carrier prior to your procedure.

IT IS ESSENTIAL THAT...

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. If you take **blood thinners** such as: Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis, Brilinta or any other blood thinner, you will need to stop them 5 days prior to your procedure. Please call your Cardiologist or prescribing doctor for instructions on stopping these medications. (See full list on page 2)
3. If you are **diabetic and on insulin**: Test your blood sugar before you come for your Flexi. **Take only half of your usual dose of insulin on the day of your procedure.**
If you are **diabetic and on oral medication (pills)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your Flexi. You may take your medication when the procedure is over and you are able to eat.
4. If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phenteramine, stop taking those **2 weeks prior** to your Flexi.
5. Stop any herbal medications and supplements/vitamin E **7 days prior** to your procedure.
6. If you take morning medications (with the exception noted above) please only take medications for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.
7. You will not be allowed to drive yourself home after the procedure due to the sedation. Therefore, you will need an adult to drive you home. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

OVER →

MEDICATIONS TO AVOID 5 DAYS BEFORE YOUR PROCEDURE:

Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta (as directed by your prescribing doctor) Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone, CoQ10, Flax seed oil, Krill oil, Fish oil, Vitamin E, Vioxx, Bextra, Indomethacin, Glucosamine Chondroitin, Iron supplements, Arthrotec, Anaprox, Feldene, Metamucil, Citricel or any other fiber supplements like gummies.

*****You may continue to take a low dose (81mg) Aspirin.**

PURCHASE THIS NONPRESCRIPTION ITEM 4 DAYS BEFORE YOUR FLEXI:

- ✓ Two (2) fleet enemas from your pharmacy

1 DAY BEFORE YOUR FLEXI:

- ✓ You may eat your usual diet.
- ✓ No alcohol, beer, or wine today or tomorrow.
- ✓ **After midnight NOTHING should be taken by mouth. No food, fluid, gum, or candy is allowed until after your Flexi.**

DAY OF YOUR FLEXI:

- ✓ **3 hours before your procedure _____:_____**, administer the first Fleet Enema. After having a bowel movement, administer the 2nd Fleet Enema.
- ✓ **You may NOT have any liquids OR solids by mouth. NO FOOD, FLUID, GUM OR CANDY IS ALLOWED.**

*****You may take any medications prescribed for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.**