

# Gastroenterology and Internal Medicine Specialists, S.C.

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PLEASE READ ALL INSTRUCTIONS CAREFULLY ON **BOTH** SIDES OF THIS PAPER AS FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS ARE ON THE BACK.

Your Flexible Sigmoidoscopy with sedation is scheduled with \_\_\_\_\_ on \_\_\_\_\_ @ \_\_\_\_\_

You are to arrive for your procedure **1 hour prior** to your scheduled time at the following place:  
(Main Entrance)

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

**TRANSPORTATION:** You must have an adult to drive you home and look after you for 12-24 hours because you will be sedated (given medicine to sleep during the test). This is for your safety. A taxi or walking is NOT acceptable. **If you do not have a ride, your procedure will be cancelled.** The procedure takes about 30 minutes. However, plan to be at the hospital/clinic for 2 1/2 to 3 hours.

## **SPECIAL INSTRUCTIONS:**

### **DIABETICS 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 Flexible Sigmoidoscopy. You may take your medication when the procedure is over and you are able to eat.

### **DIABETICS ON INSULIN**

Test your blood sugar before you come for your Flexible Sigmoidoscopy. **Take only half of your usual dose of insulin on the day of your procedure.**

**2 Weeks before your Flexible Sigmoidoscopy:** Please stop taking any diet pills, such as: Fenfluramine, Dexfenfluramine, or Phenteramine.

**STOP TAKING ANY HERBAL MEDICATIONS AND SUPPLEMENTS/VITAMIN E 7 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY.**

**STOP TAKING THESE MEDICATIONS 5 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY:** advil, motrin, aleve, naproxyn, naprosyn, fish oil, ibuprofen, vioxx, bextra, iodine, relafen, mobic, arthrotec, anaprox, feldene, celebrex, daypro, meloxicam, indomethacin, diclifenoc. **TYLENOL IS OK TO TAKE.**

**INSURANCE INFORMATION:** Our office handles the medical precertification of your procedure. For example, what your deductible is and copay. In an effort to make your procedure and subsequent billing go smoothly without error you **must** verify your benefits with your insurance company, specifically, that your doctor, hospital, or office endoscopy center is covered by your insurance plan. If you have an HMO insurance, please make sure a completed referral is sent to the location of your procedure. **Remember** to inform our office if you have any changes to your insurance coverage or insurance carrier. Finally, if your insurance company asks for a procedure code or if you have any financial coding questions, please call our billing office at 847-639-2999. **OVER →**

**7 Days before your Sigmoidoscopy:**

**CHECK MEDICATIONS:**

If you take a blood thinning medication such as: Coumadin, Lovenox, Warfarin, Plavix, Pradaxa, Elequis, Ticlid, Effient, Xarelto or any other blood thinning medicine **CALL YOUR PRESCRIBING DOCTOR** for instructions on how to take your medicines. Tell your prescriber you are having a Flexible Sigmoidoscopy.

IF YOU HAVE A MECHANICAL HEART VALVE OR HAVE HAD A STENT PLACED IN THE LAST 6 MONTHS YOU MUST HAVE INSTRUCTIONS ON TAKING BLOOD THINNERS FROM YOUR CARDIOLOGIST.

\*Do NOT stop taking aspirin

\*Stop iron pills

**5 Days before your Sigmoidoscopy:**

**STOP TAKING THESE MEDICATIONS 5 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY:**

advil, motrin, aleve, naproxyn, naprosen, diclifenoc, daypro, indomethacin, meloxicam, fish oil, ibuprofen, vioxx, bextra, iodine, relafen, mobic, arthrotec, anaprox, feldene, celebrex, vitamin E.

**TYLENOL IS OK TO TAKE.**

**1 Day before your Sigmoidoscopy:**

**PURCHASE:**

- (2) Fleet Enemas from your pharmacy.

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 Flexible Sigmoidoscopy.**

**Sigmoidoscopy Day:**

**FINAL PREPARATION:**

**3 hours before your procedure:**

Administer the first Fleets Enema. Have a bowel movement and then administer a 2<sup>nd</sup> Fleet Enema.

**No food, fluid, gum, or candy is allowed until after your Flexible Sigmoidoscopy.**

**EXCEPT:**

**With a small sip of water, you should take medications prescribed for:**

**-blood pressure**

**-seizures**

**-heart (except blood thinning medicine if you have been told to stop it)**

**-asthma (including inhalers)**