



Barrington Office
Suite 312
(22285 N Pepper Rd, Ste 312,
Lake Barrington IL, 60010)

Good Shepherd
West Pavilion
(450 IL-22, Barrington, IL
60010)

Northwestern Huntley
Main Entrance
(10400 Haligus Rd, Huntley, IL
60142)

Northwestern McHenry
Main Entrance
(4201 Medical Centre Dr, McHenry, IL
60050)

Physician: _____ Date: _____ Arrival Time: _____ Procedure Time: _____

FLEXIBLE SIGMOIDOSCOPY - NO SEDATION 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. With intake and recovery however, you must plan to be at the facility for at least 1.5 hours (Barrington) up to 3 hours (hospital).

IT IS ESSENTIAL THAT...

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.

MEDICATIONS TO AVOID PRIOR TO PROCEDURE: Failure to stop medications may result in being rescheduled the day of your procedure after you are prepped. Please review medications below and call with any questions.

***STOP 14 DAYS BEFORE YOUR PROCEDURE:**

If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phentermine, stop taking those **2 weeks prior** to your colonoscopy. Failure to stop these medications may result in having to reschedule your procedure the day of.

***STOP 5 DAYS BEFORE YOUR PROCEDURE:**

Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone. Stop all herbal medications, supplements, and vitamins 5 days prior to your procedure. ****Tylenol is okay to take.**

Blood thinning medications including, Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta must be stopped prior to your procedure as directed by the prescribing physician. Our office will send a request, but it is ultimately the **patients responsibility** to also know if they are able to be off the blood thinner or not.

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

OVER →

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.**