



## Your Procedure Guide | Colonoscopy (Flexible Sigmoidoscopy)

### Flexible Sigmoidoscopy Preparation

We would like to take this opportunity to thank you for choosing the Atherton Endoscopy Center. Our goal is to provide you with the highest quality of care in a friendly environment. We always welcome your feedback regarding your experience at our facility.

### About the Procedure

Your doctor has recommended that you have a flexible sigmoidoscopy. A sigmoidoscopy is a test that allows your doctor to examine the lining of your colon for any abnormalities. The sigmoidoscope, which is a thin, flexible, fiber optic instrument, is passed through your rectum to examine the left side of your colon. Flexible sigmoidoscopy can be done for a number of reasons, but the most common one is to prevent colon cancer by identifying and removing polyps. It is also possible to evaluate for intestinal inflammation, ulceration, bleeding, diverticulosis and tumors in this manner. A sigmoidoscopy is a safe and highly effective procedure. The procedure is quick (usually between 10-30 minutes) and generally quite painless. Most patients do not require any sedation for this procedure, but in some instances your physician may choose to sedate you.

### Five Days before the Procedure:

Please discontinue any of the following medications :

- Blood thinning medications - such as Coumadin, Plavix, Ticlid, Aspirin, Ibuprofen (Advil, Motrin, Excedrin IB), Naproxen (Naprosyn, Anaprox, Aleve). Please discuss stopping these medications with your doctor.
- Anti-arthritis medications (Voltaren, Lodine, Indocin, Orudis, Daypro, Feldene)

It is fine to take Acetaminophen (Tylenol).

Please avoid foods with many small seeds, and foods that contain the artificial fat 'Olestra' prior to your procedure. They can clog our scopes.

### Two Days Prior To Your Procedure

- Purchase one 10oz. bottle of Citrate of Magnesia and two Fleet enemas at your drug store.

One of our nurses will be contacting you two days prior to your procedure to obtain your medical history and review your preparation instructions. We will be happy to answer any questions you may have at that time. Please make sure you tell the nurse if you have any of the following:

- Allergies to any medications or latex products
- Heart problems or related surgeries, Heart valve replacement
- Joint replacement
- A tendency to bleed during surgical or dental procedures
- Sleep apnea or breathing difficulties
- Kidney problems

The nurse will ask you about the medications you take. Please let her/him know if you are taking, or have recently taken, any of the following medications:

- Blood thinning medications - as above
- Anti-arthritis medications - as above
- Anti-seizure medications
- Chemotherapy treatments



- Iron
- Diabetes medications such as Insulin or oral diabetes medications
- Herbal remedies

If you are taking medications for your heart, lungs or blood pressure the nurse will let you know if you should take them on the morning of your procedure with sips of water.

### **The Day Before Your Procedure**

#### **Colyte/Nulytely Preparation**

You may have a regular breakfast and lunch until 3:00pm; **after 3:00pm you may only have clear liquids.** It is very important that you drink frequently throughout the day to avoid dehydration and to enhance the laxative response.

Acceptable clear liquids include:

- Water
- Gatorade or other sports drink
- Apple juice, white grape or white cranberry juice
- Chicken, Beef or Vegetable broth
- Jello (No red or purple colors)
- Popsicles (No red or purple colors)
- Coffee or Tea (No milk; sugar is fine)
- Soda Pop

#### **At Approximately 3 PM**

Drink ½ bottle (5oz.) of the Citrate of Magnesia. If you feel nauseous it may help to suck on a lemon or lime wedge.

For dinner have only clear liquids. It is important to drink a lot of clear liquids all day long, especially after you finish the Citrate of Magnesia and before bedtime.

If you are not able to tolerate the prep (if you vomit) or if you feel like the preparation has not adequately cleaned out your intestine, please call your doctor (even after hours). It is very important that your colon is sufficiently clean so that we can get a good look at the lining and make sure there are no polyps or abnormalities.

Individual responses to laxatives can vary. The prep will cause multiple bowel movements. It often works within 30 minutes, but may take up to several hours.

Many patients find it helpful to have some baby wipes and hemorrhoid cream on hand to sooth their sore bottoms!

### **The Day of Your Procedure**

**For an AM procedure time:** Do not eat or drink anything after midnight. One hour prior to your procedure self administer one Fleets Enema. Administer the second Fleets Enema 15 minutes after the first.



**For a PM (afternoon) procedure time:** You may continue to have clear liquids until 8am. One hour prior to your procedure self administer one Fleets Enema. Administer the second Fleets Enema 15 minutes after the first.

### Transportation

Most patients do not receive sedation for this procedure, although some patients may at their doctor's discretion. Your doctor will let you know if you will be receiving sedation or not. **If you will be receiving sedation (which may alter your reflexes, judgment and reaction time), you must make arrangements for a responsible adult to drive you home after your procedure.**

Taxis and buses are not permitted unless you are accompanied by a responsible adult. If you do not make the above arrangements, your appointment will need to be rescheduled for a time when a driver is available. This is for your safety and protection, as well as the safety and protection of others. Please contact us several days in advance if you are having difficulty finding a ride; we may be able to provide you with some [resources for transportation assistance](#).

### What to Wear

Please wear loose, comfortable clothing that is easily removed. Avoid tight fitting garments such as pantyhose. Please leave your valuables at home. You will be changing into a patient gown; you may usually leave on a small T-shirt and your socks.

Bring the following items with you:

- Your insurance cards and driver's license or suitable ID card
- A list of all medications you are taking (or bring the bottles with you)
- Respiratory inhalers or insulin, if you use them
- Your consent form

Please arrive at our center 30 minutes prior to your scheduled procedure time unless otherwise instructed. Expect to be at the Center for 1 to 2 hours. If you will be receiving sedation, your ride may wait in our waiting room or they may return to pick you up at the specified time. We will also be happy to call your ride when you are ready if they don't want to wait. When you arrive our receptionist will review your insurance and contact information with you. Please let her know of any changes.

The nurse will bring you back to the admission area to get you ready for your procedure.

- She/he will review your medical history if this has not already been done.
- The nurse will be starting an intravenous (if you are to receive sedation) in your arm.
- You will be signing a **consent** to have your physician perform the flexible sigmoidoscopy as well as possibly taking biopsies, removing polyps and controlling any bleeding that your doctor may see. If you are being sedated you will also be agreeing that:
  1. **You are not to drive or operate machinery until the next day.**
  2. **You should not work until the next day.**
  3. **You should not sign any important documents or make important decisions until the next day.**
  4. **You should not exercise strenuously until the next day.**

### During Your Procedure

You will be brought into one of the private procedure rooms where you will be cared for by your doctor and a Registered Nurse. The nurse will obtain your blood pressure, pulse, oxygen saturation and cardiac rhythm, which will be monitored continuously throughout the procedure. You will be lying on your left side for the procedure, and may be asked to roll onto your back



during the exam. Once you have had a chance to talk to your doctor, the nurse will have you turn on your left side. The doctor will gently insert the colonoscope. As the doctor maneuvers through the left side of your colon, he/she will be filling your colon with air, so it is normal to feel gassy, or like you have the urge to move your bowels. But don't worry, it is only air and we encourage you to pass it. Your doctor may take a biopsy, which you will not feel.

#### **After Your Procedure**

After your procedure is complete you will be taken to the recovery area. The nurses there will continue to monitor your blood pressure, pulse and oxygen saturation.

You will be able to drink liquids as soon as you are in recovery and will be able to eat as soon as you leave the Center. There is no pain after the procedure, but you may be a little bloated; you must pass any residual air prior to going home. Please don't be embarrassed; you will not be the only one! When you are feeling awake and are steady on your feet you will be able to go home; this is usually after about 30 minutes if you were sedated, and even less time if you weren't. The doctor will talk to you (and your family/friend if desired) about the results of your procedure before you leave, but if you received sedation you may not remember this. We will give you all of your discharge instructions in writing.

#### **Discharge Instructions**

- You may resume a normal diet as soon as you leave the Center unless otherwise instructed by your doctor.
- Because you may still feel a little bloated it is best not to eat a lot of gas producing foods for the rest of the day (beans, cabbage, broccoli, carbonated beverages).
- Drink plenty of fluids.
- Do not drink alcohol until the following day if you received sedation.
- If you were sedated expect to sleep for several hours after you get home. Remember no driving or strenuous exercise for the remainder of the day. You may resume normal activity the following day.
- Your doctor may ask you to avoid aspirin and ibuprofen-like products for a period of time.
- Your doctor will recommend when to follow up with him/her.

You should call your doctor if you develop any of the following after your procedure:

- Severe abdominal or chest pain
- Inability to pass air, accompanied by abdominal distention
- Persistent nausea and/or vomiting
- Signs of bleeding (coughing up blood or black tarry stools)
- Fever over 101 degrees and/or chills

The nursing staff will call you the following business day to see how you are. Please let her/him know if you have any concerns. You are welcome to call us anytime during our open business hours as well.