

FLEXIBLE SIGMOIDOSCOPY PREPERATION INSTRUCTIONS

GENERAL INFORMATION

Flexible Sigmoidoscopy is an outpatient procedure that uses a flexible "scope" (a tube about the width of a finger, with a camera lens and light on the tip) to examine the rectum and lower colon. The procedure usually takes 5-15 minutes and is well tolerated.

You will be lying on your left side or back during the procedure. You shouldn't feel any pain, but mild cramping or bloating can occur. As the scope is withdrawn, the inside lining of the colon is carefully inspected. Depending on your symptoms and what is seen, biopsies may be taken.

After the procedure, you may feel abdominal pressure or bloating because of air that was introduced during the procedure. This will disappear relatively quickly with the passage of gas. You should be able to eat a regular diet.

COMPLICATIONS ARE UNUSUAL, BUT CAN OCCUR:

- **Minor or major bleeding**, possibly requiring hospitalization, blood transfusions, repeat endoscopy, or surgery.
- **Abnormally low blood pressure or heart rate** related to abdominal pain.
- **Perforation of internal organs**, requiring hospitalization and emergency surgery.

FLEXIBLE SIGMOIDOSCOPY PREPARATION

- Continue all prescription medicines, unless directed by your doctor.
- **If you take Aspirin, Plavix (clopidogrel), Coumadin (warfarin), or Pradaxa (dabigatran etexilate mesylate), please discuss with your doctor.**
- If you have **DIABETES**, take only **half of your usual dose** of diabetes medicine on the day of your endoscopy. If you have questions, please discuss this with your doctor.
- **STOP EATING AND DRINKING 4 HOURS BEFORE THE PROCEDURE.**
*Nothing by mouth after _____.
- **Two hours before arrival, give yourself a Fleets enema.** Retain the enema for at least 5-10 minutes. **One hour before arrival, give yourself a second Fleets enema**, and retain it for at least 5-10 minutes.
*Administer 1st Enema @ _____ *Administer 2nd Enema @ _____

YOUR PROCEDURE IS SCHEDULED

with Dr. _____ at _____ on _____ (mo/d/yr), at:

- Alexandria Hospital 4320 Seminary Road, Alexandria, Endoscopy Services to the left of Visitor's Entrance
- Inova Franconia-Springfield Surgery Center, 6355 Walker Lane, Suite 200, Alexandria
- Sentara Medical Center 2300 Opitz Blvd, Main Hospital Entrance, 1st Floor, Woodbridge
- Prince William Ambulatory Surgical Center, 8644 Sudley Rd., Suite 201, Manassas
- Inova Lorton Ambulatory Surgery Center, 9321 Sanger St #200, Lorton

****** PLEASE ARRIVE AT _____ ON THE DAY OF YOUR PROCEDURE. ******

Have questions? Please call the Alexandria – Beaugard care center **703-823-3750**, Manassas care center **703-365-9085**, or Woodbridge office **703-580-0181**.

IF YOU NEED TO CANCEL YOUR PROCEDURE, we require a 7-business day notice. Failure to inform us by: _____ will result in a **three hundred dollars (\$300) charge.**

I am aware of the potential complication of a Flexible Sigmoidoscopy (as noted above) and I am aware of the cancellation fee (as noted above). I consent and agree to proceed with the procedure as indicated by my signature below.

Print Patient Name

Date of Birth

Patient Signature

Date