

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

To schedule your flexible sigmoidoscopy or if you have any questions about your procedure, call Dr. Ghoulam's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your flexible sigmoidoscopy is _____ and arrival time is _____ at the Quincy Medical Group Surgery Center at 3301 Broadway, Second Floor, Quincy, IL 62301.

TIME: Quincy Medical Group Clinical Team will call you with the arrival time one day prior to your procedure. If you need to cancel the day of the procedure, call the Quincy Medical Group Surgery Center at (217) 277-4090. **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

A flexible sigmoidoscopy is performed by the doctor using a flexible lighted instrument to view the lower portion of the colon, rectum, and anal canal. In order to perform an accurate and comfortable test, it is necessary to clean the lower end of the colon.

1. The evening before the procedure, _____, around 4 or 4:30 p.m., start a clear liquid diet. Remain on clear liquids until 4 hours prior to your procedure. These liquids can be anything that you can easily see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles or Gatorade. No solid food, milk or milk products including non-dairy creamers. **NO RED COLORING.** No food with seeds or corn 3 days prior to procedure.
2. The evening before the procedure, _____, at 6 p.m., mix together MiraLax 119 grams and Gatorade 32 ounces. Drink 8 ounces every 15 to 20 minutes until gone. This is in the laxative section at any drug store and does not need a prescription.
3. Since you will receive sedation the day of your procedure, you will need to be accompanied by someone who can drive you home afterwards.
4. You must *DISCONTINUE* the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood-thinning medications such as Plavix or Ticlid, and all herbal supplements. Discontinue Coumadin 3 days prior.
5. Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
6. You may take Tylenol products or Celebrex.

IF YOU ARE DIABETIC: The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Januvia or Victoza, hold evening dose day before procedure and morning of procedure.