

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

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

Your appointment for your flexible sigmoidoscopy is _____ at the Blessing Surgery Center, 1101 Spring St, Quincy, IL 62301.

TIME: Blessing Hospital Prep Clinic staff will call you with the tentative time of arrival approximately 3-5 days prior to your procedure. Blessing Hospital Prep Clinic is open 8 a.m. to 4:30 p.m. If you need to cancel the day of the procedure, call the GI Center at (217) 277-3505 **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.

The test will take only a few minutes to perform but allow at least an hour of time at the Surgery Center. You may resume normal activities immediately after the test. The test itself is not painful but you may feel some discomfort from the tube or the air that is injected into the colon to allow the doctor to see the lining of the colon.

1. 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.
2. Discontinue Coumadin 3 days prior.
3. Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
4. 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.

5. 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 food with seeds or corn 3 days prior to procedure.
6. The evening before the procedure, at 6 p.m., mix together 119 grams of MiraLax and 32 ounces of Gatorade. MiraLax is in the laxative section at any drug store and does not need a prescription. Drink **one (1)** 8-ounce glass every 15 minutes until gone.