

PATIENT INSTRUCTIONS

FLEXIBLE SIGMOIDOSCOPY

Patient: _____ Appointment Date: _____
Arrival Time: _____ am/pm Provider: _____
Additional Instructions: _____

What is a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy allows your doctor to examine the lining of your rectum and a portion of the colon (large intestine) inserting a flexible tube about the thickness of your finger, into the anus and slowly advancing it into the rectum and lower part of the colon. If the doctor has recommended a flexible sigmoidoscopy, this will give you a basic understanding of the procedure, how it is performed, how it can help, and what side effects you might experience. It can't answer all of your questions, since a lot depends on the individual patient and the doctor. Please ask your doctor about anything you don't understand

What can I expect during a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy is usually a well-tolerated. You might experience a feeling of pressure, bloating, or cramping during the procedure. You will lie on your left side while our doctor advances the sigmoidoscope through the rectum and colon. As your doctor withdraws the instrument, your doctor will carefully examine the lining of the intestine. Our highest priority is performing the most careful and safest possible examination for each and every patient. **Although we strive to remain on schedule, please understand that performing procedures may take longer in some patients than in others. We ask for your patience and that you allow 3-4 hours for check in, procedure, and recovery (if needed).**

What are the possible complications of a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy and biopsy are safe when performed by doctors who are specially trained and experienced in these procedures. Complications are rare, but it is important for you to recognize early signs of possible complications. You will be given written discharge instructions after your flexible sigmoidoscopy.

Advance Directives:

If you have an Advance Directive bring a copy with you. If you have a "do not resuscitate" Advance Directive, Mankato Clinic Endoscopy Center honors the Directive on a **limited** basis; Mankato Clinic Endoscopy Center staff, under the direction of the physician, will aggressively treat and transfer you to the Mayo Clinic Health System Mankato hospital in the event of deterioration. If you bring a copy of your Advance Directive it will be transferred with you. The Mankato Clinic Endoscopy Center declines to implement elements of the Advance Directive on the basis of conscience or any other reasons permitted under the State Law.

Prepare Yourself for the Procedure	7 Days Before	5 Days Before	Day of Procedure
<ul style="list-style-type: none"> ● Bring a list of current prescription and over-the-counter medications and herbal supplements. Include dosage and number of times taken each day. ● If you have a prescription inhaler at home, please bring this along with you to your appointment. ● Bring a list of known allergies to food, medication, or latex. ● Bring a list of medical conditions and your surgical history. ● Wear short sleeved shirt and loose-fitting, comfortable clothing. <p>If your provider has scheduled your procedure with sedation: Nothing by mouth 2 hours prior to procedure. We require that you do not drive or operate any machinery for 12 hours after. A responsible driver must accompany you to the clinic and remain in the waiting room during the procedure and recovery period. We recommend that someone remain with you for 12 hours after you are discharged. You are not allowed to take a taxi, bus, or walk home.</p> <p>MCE154A (4/19) Page 2 of 2</p>	<ul style="list-style-type: none"> ● Purchase 2 Fleet enemas 4.5 fl. oz. from your pharmacy. ● If on anti-inflammatory (NSAIDS) such as Ibuprofen, Advil, Motrin, Naproxen, Aleve, or Aspirin, please contact your primary/pre-op provider regarding any changes needed unless already instructed. 	<ul style="list-style-type: none"> ● If you are on a blood thinning medication (examples: Coumadin, Warfarin, Plavix, Jantoven or Lovenox, etc.), please make your healthcare provider aware of this before your flexible sigmoidoscopy. Certain medications may need to be stopped temporarily prior to your procedure. ● Continue to take all other prescribed medications as usual unless changed by your provider. ● Also, please inform your healthcare provider if you are or may be pregnant 	<ul style="list-style-type: none"> ● There are no food or drink restrictions. ● ___ Take the first Fleet enema one hour before coming to the clinic. <p>Read package directions. Attempt to retain the enema for 10 minutes to obtain best results. After expelling the first enema, repeat the procedure with the second enema</p> <ul style="list-style-type: none"> ● You may receive a third enema at the clinic. <p>● If you are diabetic please check your blood sugar at home prior to coming.</p> <p>Time _____ Result _____ (Please bring this with you to your procedure.)</p> <p>PLEASE LEAVE YOUR VALUABLES AT HOME</p> <p>Please report to the Mankato Clinic Endoscopy Center at 1230 E. Main Street, Mankato as scheduled above with a responsible adult driver. Call with any questions to 507-389-8582 option 1.</p>