

Elsa S. Canales, M.D.

Alfredo Camero, Jr. M.D.

Preparation for Flexible Sigmoidoscopy

_____ Laredo Digestive Health Center (LDHC-Suite 219) 956-728-0030
_____ Other Location: _____

Date: _____
Arrival Time: _____

NOTE: You may be charged \$50.00 for appointments that YOU DO NOT KEEP or CANCEL within TWO working days.

You have been scheduled for a Flexible Sigmoidoscopy. It is a visual examination of the left colon performed with a colonoscope. You may or may not receive intravenous sedation for this procedure. This is decided by patient preference.

YOU MAY REGISTER THE DAY OF THE PROCEDURE. Please be advised that the facility will call you at the phone numbers you provided us a few days before the procedure to confirm your time of arrival and preparation instructions. Please answer the call as changes to the schedule may occur. If you receive sedation please make arrangements for someone of confidence to drive you home after the procedure. If you do not receive sedation you may drive yourself home after the procedure. You are advised to leave all jewelry and valuables at home or with a family member. The facility will not assume responsibility for items that may be lost or misplaced. If you have an implanted stimulator device please bring the control to turn it off during the procedure.

FIVE DAYS BEFORE the procedure HOLD ANY ANTICOAGULANTS: examples include Coumadin (Warfarin), Plavix (Clopidogrel), Trental (Cilostazol), Pradaxa, Eliquis, Xarelto, NSAIDS (aspirin, ibuprofen, Aleve, Advil, diclofenac, naproxen, Flanax, meloxicam, celebrex). **Also, hold oral iron pills or any multivitamin with iron 5 days before the procedure.** If questions about which medications to hold please contact the facility. You may use Tylenol, Darvocet, Ultram, Vicodin or Tramadol for pain.

CLEANSING INSTRUCTIONS: Before your flexible sigmoidoscopy a partial cleansing of the colon is necessary. Drink only clear liquids after 7 pm the night before the procedure. Two (2) hours prior to arrival time you need to administer two (2) Fleets Enemas. The enemas can be purchased over the counter at any pharmacy. To administer the first Fleets Enema lie on your left side and gently introduce the first enema into your rectum slowly. Follow the instructions on the box. Remain on your left side and retain the liquid as long as possible. When the urge to evacuate is very intense then you may evacuate. After you have evacuated the first Fleets Enema, wait 20 minutes then repeat the entire procedure with the second Fleets Enema. The liquid should come out clear or slightly yellow. If the liquid is not clear or slightly yellow repeat the entire process with a third enema and inform the facility upon arrival.

DAY OF FLEXIBLE SIGMOIDOSCOPY:

1. You may take your blood pressure medication with a small amount of clear liquid in the early morning of your procedure. All other medications can wait until after the procedure.
2. If you are diabetic and use insulin, you can take ½ dose of insulin the morning of the procedure and hold all other diabetes medication(s) until after the procedure. The facility or your physician may give you different instructions for your diabetes medications.
3. **Bring a list or bring all current medications** with you to the facility.
4. Drink clear liquids. Stop drinking clear liquids 2 hours prior to your arrival time.

CLEAR LIQUID DIET: AVOID all **RED** liquids.

Allowed liquids include: water, flavored or vitamin water, black coffee only, tea, lemonade, Crystal Light, Kool-Aid, clear sodas, Sprite, 7 UP, ginger ale, apple juice, white cranberry juice, white grape juice, Jell-O gelatin (not red), popsicle, snow cones, broth (beef or chicken flavor), plain hard candy, gum, gum drops, honey, sugar or sugar substitute.

If you are unable to keep your appointment or if you have any questions regarding the procedure, please call our office between the hours of 8:00 A.M. and 5:00 P.M.

6999 McPherson Rd. Suite 220 Laredo, Texas 78041 Ph. 956-795-4776 Fax 956-795-4779