Flexible Sigmoidoscopy

Please review all the instructions about your test and prep as soon as you get them, so you can prepare. You may need to change some of your medicines.

If you choose to have medicine to help you relax, you will need to arrange to have an adult to drive you to your test and be there to take you home after the test. If you are taking a cab, bus or medical transportation service home after the procedure, an adult, other than the driver, needs to ride with you for your safety. Medicine given to help you relax during the test will affect your judgment and reflexes much of the day.

If you need to cancel or change your test appointment, call 614-293-8784.

If you have any questions about your test or prep instructions, call 614-293-6255 and ask to talk with a nurse.

About your test

You are scheduled for a test called a sigmoidoscopy. This test is done to check your rectum and lower part of your large intestine called the sigmoid colon for abnormal growths or other problems. The test is done with a narrow, flexible tube that has a light and camera. The tube is put in through your rectum and into your sigmoid colon. Treatments for bleeding or removal of tissue can also be done during this test.

You may need to make changes to your medicines

If you take aspirin or NSAIDs such as ibuprofen, naproxen or Celebrex for pain, you do not need to stop taking these medicines before this test.

If you take medicines for diabetes, ask the doctor who ordered your diabetes medicine how to adjust your medicines for this test.

If you take any blood thinner medicines, such as those listed on the next page:

- Ask the doctor who ordered this medicine if it is safe for you to stop taking this medicine before the test. If you have a stent or certain other health problems, do NOT stop taking these medicines.
• If your doctor has advised you to NOT stop taking these medicines before the test, please call 614-293-6255 and ask to talk to a nurse.

• If your doctor agrees you should stop taking any of the medicines listed below, stop for the listed number of days before your test or as your doctor recommends:
  - Brilinta (Ticagretor) – 5 days
  - Coumadin (Warfarin) – 5 days
  - Effient (Prasugrel) – 7 days
  - Eliquis (Apixaban) – 2 days
  - Lovenox (Enoxaparin) – 1 day
  - Plavix (Clopidogrel) – 5 days
  - Pletal (Cilostazol) – 5 days
  - Pradaxa (Dabigatran) – 2 days
  - Savaysa (Edoxaban) – 2 days
  - Ticlid (Ticlopidine) – 10 days
  - Xarelto (Rivaroxaban) – 1 day

### Morning of your test

• Give yourself a Fleets enema 3 hours before your test. Hold it for about 10 minutes and then expel it.

• 2 hours before your test, give yourself the other enema, holding again for about 10 minutes.

• Take your medicines for blood pressure, heart issues, seizures or pain with a sip of water up to 2 hours before your test.

• Please leave all valuables and jewelry including piercings at home.

• Female patients should come prepared to give a urine sample in case a pregnancy test is needed.

• Your driver must be present when you sign in to proceed with your test if you have medicine to relax you during your test.

• Bring these with you to your test:
  - A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
  - A list of your allergies
  - List of medical conditions and previous surgeries
  - A copy of advanced directive such as a living will or power of attorney
  - Your photo identification, insurance card and co-payment, if needed

• Plan to arrive at the arrival time on your letter so the staff can get you ready. Expect to be here 2 to 4 hours for your test and recovery time.

• If you have medicine to relax you and your driver leaves the facility during the test, we will need a phone number where he or she can be reached. Your driver needs to be within 30 minutes of the endoscopy unit.

### Key information to prepare for your test

#### Week before your test

Buy the 2 Fleet enemas from your local pharmacy that you will need to clean out your bowels the morning of your test. You may also want to have some clear liquids from the list below to drink before your test.

#### After 11 PM the night before your test

You are not to eat any solid food. **Drink only clear liquids until 4 hours before your test.**

These clear liquids are allowed:

- Water
- Fruit juices that you can see through such as apple, white cranberry or white grape
- Popsicles or ice chips
- Ginger ale or lemon-lime soda
- Gatorade, other sports drinks or other drink mix like Kool-Aid
- Clear broth or bouillon
- Jell-o
- Coffee or tea (no milk or cream added)
Having the test

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line may be placed to give you medicine during the test. Let the nurse know right away if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room, where your test will be done.
- You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions you have about the test before you sign the form.
- You may be given medicines in your IV to help you relax. You will likely rest on your left side.
- The doctor slowly moves the tube through your colon. The test takes about 30 minutes.
- You may feel some cramping during and after the test that will improve after passing gas.

After the test

- If you had medicine to help you relax, you will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- The doctor will speak with you and your family member before you leave.
- Plan to take the day off of work and rest at home after the test.
- If you were given medicine to help you relax during the test, it can cause you to have memory changes and impair your judgment. Do not drive a motorized vehicle or operate heavy machinery. Do not sign any papers or make any legal decisions.