Flexible Sigmoidoscopy with Rectal Endoscopic Ultrasound (EUS) Preparation Instructions

Your procedure is scheduled on ____-____-____ at ________ AM/PM

Proper bowel cleansing is necessary for an effective sigmoidoscopy. Stool (feces) that is not cleared out of the colon can cover up and obscure polyps, masses, and other abnormalities in the colon. This can result in the need to repeat sigmoidoscopy.

Please follow these instructions carefully!!!

THE DAY BEFORE YOU PROCEDURE:

1) You may have a light breakfast. You should not eat any solid food after 12 noon.
2) After 12 noon you should drink only clear liquids (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O) for the rest of the day. Avoid red or purple colored liquids.
3) NO smoking the day before your sigmoidoscopy.
4) NO smoking the day before your sigmoidoscopy.
5) You may take your prescription medications the day before your procedure (except for those medications listed above and any other medications your physician has instructed you to stop).
6) Purchase Fleets enemas from your local pharmacy or grocery store. You will need to take these tomorrow morning.
7) Do not eat anything after midnight.

THE DAY OF YOUR PROCEDURE:

1) Follow the instructions and administer both enemas the morning of your procedure, one hour apart, starting 2 to 3 hours before your procedure.
2) Do not have anything to eat or drink for at least 4 hours before your procedure.
3) Please arrive at the hospital front desk 60 minutes prior to your scheduled procedure time for registration. Plan to be at the hospital for 2 to 4 hours.
4) What to bring the day of the procedure(s):

a. Your insurance card.

b. Driver's license or government I.D.

c. A complete list of all your medications.

d. The first and last names and addresses of all the physicians you want to receive a copy of your procedure report.

e. Someone to drive you home. Sedation is usually given for the procedures. As a result, you will not be able to drive, operate machinery, do any heavy lifting, make any important decisions, sign any legal documents, or return to work for the rest of the day. After the procedure, you cannot be released from the endoscopy department unless you are accompanied by a responsible adult. You can resume your regular activities the day after the procedure, unless otherwise instructed by your physician.

f. Wear comfortable, loose fitting clothing that is easy to remove and put on, and comfortable shoes. Do not wear jewelry, and do not bring valuables.

AFTER THE PROCEDURE:

1) You may resume a regular diet, unless otherwise instructed by your physician.

2) Your physician will discuss the results of your procedure with you in the recovery area once you are fully awake.

SPECIAL CONDITIONS:

1) Diabetes: check with your physician regarding which medications you may take the day before and the morning of your procedure. In general, it is advised to stop any oral diabetes medications and insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Your blood sugar will be checked the day of the procedure.

2) Blood Thinners: Ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin or any other blood thinners before and after the procedure.

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