

GREATER BOSTON GASTROENTEROLOGY

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PREPARATION FOR SIGMOIDOSCOPY

You are scheduled for a **sigmoidoscopy** on: _____ at: _____.

Please check in at: _____.

MetroWest Medical Center

67 Union Street
Surgical Daycare / 3rd floor
Natick, MA 01760

Boston Endoscopy Center

175 Worcester Street
Wellesley Hills, MA 02481

Marlborough Hospital

157 Union Street
Marlborough, MA 01752

MetroWest Medical Center

115 Lincoln Street
Endoscopy Dept. 1st Floor
Framingham, MA 01702

Charles River Endoscopy

571 Union Avenue
Framingham, MA 01702

Please read the materials in this packet as soon as you get them - do not wait until the day of your test. This is important because your preparation begins one week before the day of your test.

1. It is extremely important that you make arrangements to have a responsible adult available to take you home after your procedure. **You may not drive yourself home after the test.** If you take a cab, someone must ride home with you in the cab (in addition to the cab driver). This is a policy that is strictly enforced for your safety. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss with your doctor in advance.
2. You must have the entire day off, no working, no driving, and no plans. You will receive sedatives for your procedure. As you recover from the sedatives, you should not go back to work or school and you should not make important decisions. If you normally care for children or disabled relatives, get help with these responsibilities on the day of your test.
3. Please bring with you to your procedure a list of all of your current medications.
4. A \$50.00 cancellation fee will be billed directly to the patient for any appointment not cancelled with a 48 hour notice.

When this procedure was scheduled, the insurance on file for you was: _____

If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure. You will be responsible for any charges due to lack of correct insurance information.

There are some very important facts that you need to be aware of:

- 1) Obtain one bottle of Citrate of Magnesia(**DO NOT use the Cherry/red flavor**) and two Fleet Enemas from the drug store.
- 2) If you take **Plavix**, in general it will need to be discontinued seven days before the procedure.
- 3) If you take **Coumadin or Warfarin**, in general it will need to be discontinued five days before the procedure.
- 4) **Important** – do not stop taking any medicine that a doctor has asked you to take without talking first with that doctor. He/she may want you to continue to take the medicine even during your preparation for procedure. If this is the case, please let us know as special arrangements, including a possible pre-procedure office visit may be necessary. Your prescribing physician may need to speak to one of our doctors. This is particularly important for patients on insulin or other diabetes medications and those on Coumadin, Warfarin or Plavix. Do not assume that it is safe to stop one of these medications even if you have done so before.
- 5) You should continue taking all other regular medications, even on the day of the examination.
- 6) If you have **Diabetes**, preparing for a procedure involves some temporary changes in your diet. It is important that you know how to adjust your insulin or your oral medicines during this time.
 - a) On the day before your test, most patients find that they do not need to adjust their **insulin** they normally take during the day.
 - b) If you take **oral diabetes medication** for your diabetes, you should not take it the night before your procedure.
 - c) On the day of your test, you will not be eating or drinking for several hours. If you use **short-acting insulin**, you should not take it on the morning of the test. If you use **longer-acting insulin** in the morning, please take ½ your usual dose.
 - d) If you take an **oral diabetes medication**, please do not take it until after your procedure is over.

If you are unsure about whether to change your medication dose(s) the day/night before the test, please call the doctor who takes care of your diabetes for advice.

DAY BEFORE EXAM:

1. Have a clear liquid dinner at 6:00 P.M.

The following items are considered **CLEAR LIQUIDS**:

Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water, Popsicles, Jell-O (no red or purple colored, no fruit or cream added) Black coffee or tea (may have sugar but no milk or cream)

2. After dinner, take the bottle of Citrate of Magnesia.

DAY OF EXAM:

1. Take the first Fleet Enema upon waking.
2. Take second Fleet Enema 30 minutes before leaving to come for your test.
3. You can take clear liquids up until the time of the examination.
4. After the examination, you can resume your normal diet and work schedule.
5. Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

INFORMATION REGARDING A SIGMOIDOSCOPY

What is a sigmoidoscopy?

A sigmoidoscopy is a visual examination of the last section of the large intestine (also called the colon). This section of the intestine is called the rectum and sigmoid colon. The examination will focus on one to two feet of this area.

How is the procedure performed?

You will be lying on your left side. A small camera is introduced into the rectum and directed into the sigmoid colon. The camera is housed in a slender and flexible tube, which is about the diameter of a finger. As the camera proceeds into the colon, a small amount of air is administered into the colon. The air serves a very important function. It allows an unobstructed view of the colon. Without the air, the walls of the colon would close around the camera, and thus the view would be suboptimal.

The entire examination usually lasts five minutes. Because it is a visual exam, the results are immediate. If a biopsy is taken, the specimen is sent to the Pathology Lab, and results of this would be available in 7-10 days. A biopsy is the removal of a small tissue (only a few millimeters). It is done through the flexible tube. It is painless.

Will I feel any sensations?

You may experience a gassy or crampy sensation during the examination. You may also feel the urge to have a bowel movement. These sensations result from the air, which is introduced into the bowel and from the camera going around turns in the colon. Whenever there is air or pressure in your bowels, you can have the sensation that your bowels are full. Don't worry, you will not have a bowel movement during the exam. Taking deep, slow, controlled breaths can minimize the sensations. We will make every effort to help minimize any discomfort.

What preparation is necessary?

The end of the colon needs to be cleansed to allow ideal visualization. Please follow the enclosed instructions carefully.