



Flexible Sigmoidoscopy (Flex Sig)
Evanston or Glenbrook Hospitals

APPOINTMENT DATE: _____

TIME: _____

ARRIVAL TIME: _____

What to Expect:

A flexible sigmoidoscopy is an exam used to evaluate the lower part of the large intestine (colon). During a flexible sigmoidoscopy exam, a thin, flexible tube (sigmoidoscope) is inserted into the rectum. The test allows us to see about the last two feet of the large intestine. If necessary, tissue samples (biopsies) can be taken through the scope during a flexible sigmoidoscopy exam. Sedation may or may not be given, this will be discussed with your physician. If sedation is given, you cannot drive yourself home and a friend or family member must take you home.

Flexible sigmoidoscopy doesn't allow the doctor to see the entire colon. As a result, any cancers or polyps farther into the colon can't be detected with flexible sigmoidoscopy alone.

What to do prior to the exam:

- **Pre-authorization:** all patients (except Medicare) need to contact their insurance carrier for pre-authorization at least 5 days prior to your scheduled exam

- **Register:** all patients must register for your appointment with the hospital by phone at least 5 days prior to your procedure. Please call **888-364-6400** and have all insurance information ready, including any referral numbers.

- **You can continue taking Aspirin if prescribed by your physician,** but stop other anti-inflammatory products (Ibuprofen, Alleve, Motrin, Advil), except Tylenol seven days prior to the exam. Please limit seed and nut intake for 7 days prior to the exam.

-If you are on Coumadin, Plavix, Ticlid, Lovenox, Eliquis, Pradaxa, Xaralto or any other blood thinner, please contact your primary care physician (PCP) or Cardiologist to determine whether you should discontinue it prior to the

procedure. Please notify our office if your PCP feels you need to continue on these medications.

-If you have a cardiac stent please contact your cardiologist for instructions regarding your blood thinners and notify us of their recommendations

-If you have a heart defibrillator (AICD) or Pacemaker, please notify the GI Lab where your procedure is scheduled. Glenbrook Hospital 847-657-5780 or Evanston Hospital 847-570-2236.

-Diabetic patients: If you are taking insulin, do not take your morning dose on the day of the procedure. You may take ½ of your regular dose the night before the procedure. Check your blood sugar before exam and if it is low, you may drink some apple juice. If you are on Metformin (or Metformin containing medications) you may continue them as prescribed until the day before and day of the procedure.

PREPARATION:

One Day Before Your Test:

After 3pm do not eat any solid foods. You may drink only clear liquids after 3pm. Clear liquids consist of: black coffee or tea, beef/chicken broth, apple juice, white grape or white cranberry juice, Gatorade, popsicles and jell-o. Please do not have any red or purple flavors. You can continue to take all of your medications.

The Day of Your Test:

- Do not eat or drink anything for 3 hours before your exam. You can take your morning medications with a small sip of water.
- Two hours before your exam use a Fleet's Enema (which should be purchased from your local pharmacy 2-3 days prior to the procedure).

How do you get results?

Preliminary results will be discussed with you following the procedure. If biopsies are taken, the results will be available in 1 week. A copy of the procedure report will be sent to the referring physician.

ADDITIONAL INSTRUCTIONS

- Antibiotics are NOT required before the procedure, even if you require them for dental procedures.
- Please stop taking **iron** or vitamins containing iron for 1 week prior to your procedure.

- Although the appointment time is reserved for you and we make every effort to run on time, sometimes emergencies occur which disrupt the scheduled procedure time. We thank you in advance for your patience and understanding.
- The results will be discussed with you at the time of discharge from the facility, you may not remember many of the details. You should have a family member or close friend with you at the time of discharge. Some tests will require time to process, results should be received within 7 days.
- Sedation. Please discuss if you will be having sedation with your physician or our office prior to the exam.
- Should you need to cancel your procedure for any reason, we ask that you notify the office at least 48 hours in advance or a fee will be charged. Please contact our office directly. Do not page the doctor on call over the weekend for cancellations.