

## Flexible Sigmoidoscopy Instructions

**IMPORTANT:** Please read this now to be prepared for your procedure. If you have any questions, or need to cancel or postpone your appointment, please call us at **617-754-8888**.

### Where to report for your procedure:

- East Campus**, 330 Brookline Ave, Boston
  - Stoneman 3rd floor       Stoneman 4th floorPark in the Feldberg Garage
- West Campus**, 185 Pilgrim Road, Boston  
West Procedural Center (WPC) Farr 1st Floor  
Park in the Pilgrim Road Garage or Lowry Building Garage
- Beth Israel Deaconess, Lexington Campus**  
482 Bedford Street, Lexington Ambulatory Surgery, 1st Floor
- Beth Israel Deaconess, Needham Campus**  
148 Chestnut Street, 3rd Floor

**Day/ Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Procedure Time:** \_\_\_\_\_

**Approximate discharge time:** \_\_\_\_\_

**Doctor who will do your test:**  
\_\_\_\_\_

## Advance preparation for your procedure

- ❖ **Diabetes** – Please contact the doctor who manages your diabetes before making any changes to your diet, medications or insulin pump.
- ❖ **If you may be pregnant** – Please consult your OB/GYN doctor prior to your appointment to discuss optimal timing for your procedure, and the best sedation/anesthesia approach.
- ❖ **Sedation** – Many patients receive sedatives for procedures. Please let us know in advance about any of the following items, which could have an impact on any sedation you may receive:
  - Allergic reaction or other problems related to sedatives or pain medicine/narcotics
  - If your weight is over 300 pounds
  - You are currently taking narcotic pain medicine
  - You have severe liver disease
- ❖ As you recover from the sedatives, do not go back to work or school, make important decisions or provide care for children. You may resume all activities the next day unless otherwise instructed.
- ❖ **ARRANGE A RIDE HOME**– A responsible adult must come up to the procedure area when you are ready for discharge. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss it with your doctor in advance. **You may not drive yourself home after sedation.**
- ❖ For more information, check out the *Preparing for your Procedure* page on our website by scanning this code with the camera on your phone or visiting [www.bidmc.org/gipreps](http://www.bidmc.org/gipreps)



## Preparing for your Flex Sig

A flexible sigmoidoscopy is a safe and effective procedure to examine the lower part of your colon.

### **For patients having sedation:**

Stop eating all solid food after **11pm** the night before your procedure. No hard candy or gum. You may drink clear liquids up until four (4) hours before your procedure.

### **For patients without sedation:**

Once both enemas are given, **DO NOT EAT OR DRINK** until after the test has been completed. No hard candy or gum.

**\*\*If you don't know if you are having sedation during your procedure, please call our office.\*\***

### IMPORTANT!

Please read at least a week before your procedure and call us if you have any questions.



### What you will need:

- Two (2) adult fleet enemas, without oil.

You can find these at a pharmacy or market. You do not need a prescription.

Please carefully read the instructions on the package and call our office if you have any questions.

## The day of your procedure (all patients)

**Three (3) hours before your procedure:** Give yourself the first of two fleet enemas. Please follow the instructions on the packaging carefully.

**Two and a half (2.5) hours before your procedure time:** 30 minutes after your first enema, give yourself the second fleet enema, following the instructions on the packaging.

Once both enemas are given, **DO NOT EAT OR DRINK** until after the test has been completed.