

DIGESTIVE DISEASE SPECIALISTS

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PATIENT INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

INSURANCE: _____	DATE OF SERVICE: _____
DEDUCTIBLE: _____	CHECK IN TIME: _____
MAX: _____	AMOUNT DUE: _____
PROCEDURE CODES: _____	DUE DATE: _____
DIAGNOSIS: _____	SURGICAL FACILITY: _____

1. **MEDICATIONS**

If you take any blood thinners or antiplatelet/anticoagulation medications such as Aspirin, Eliquis (Apixaban), Pradaxa (Dabigatran), Savaysa (Edoxaban), Arixtra (Fondaparinux), Lovenox (Heparin, Fragmin, Innohep), Xarelto (Rivaroxaban), Warfarin (Coumadin, Jantoven), Plavix (Clopidogrel), Persantine (Dipyridamole), (Prasugrel), Brilanata (Ticagrelor), Zontivity (Vorapaxar) or similar medication, please ask your doctor for instructions on how to take these drugs prior to your procedure, as you may need to hold them for 2-7 days prior to your procedure. Oral diabetic medications and regular insulin should be stopped the day before the procedure.

ALL OTHER MEDICATIONS ARE OKAY TO CONTINUE TAKING - PLEASE DO NOT TAKE WITHIN ONE HOUR OF PREP
Tylenol (acetaminophen) may be taken.

If you are unsure about a specific medication, please ask your doctor

2. **DIET**

On the day prior to your colonoscopy, you should consume clear liquids only.

Do not drink anything you cannot see through.

Clear liquids include: tea, diluted coffee, Jell-O, bouillon, 7up, ginger ale, water, apple juice, Gatorade, and popsicles.

Avoid the color red and purple, milk, orange juice, grape juice, and other non-clear liquids.

DO NOT eat anything the day of your procedure!

3. **PREP**

On the morning of the procedure, **three hours prior to your scheduled arrival time**, give yourself two Fleet Enemas. This can be purchased over-the-counter at your local drug store. Following the Fleet Enemas, you are to give yourself tap water enemas with an enema or douche bag that can hold approximately one quart of water. Do as many tap water enemas as are necessary, so that on the final one you are expelling clear liquid without any remaining stool in it (i.e. a clear rectum).

4. **DIET**

DO NOT eat or drink anything after midnight the day of your procedure. You may have water the night before. If you have diabetes and your blood sugar level is low, you may drink regular (non-diet) clear soda, such as 7up or Sprite.

5. **CHECK IN**

Arrive at the facility admitting one hour prior to your scheduled procedure. Get to admitting through the main door of the facility. Be prepared to stay at the facility for 2 ½ to 3 hours total.

6. **TRANSPORTATION**

You *must* have someone drive you home after the procedure, as you will not be able or permitted to drive until the next day.

7. **QUESTIONS**

If you have any questions or problems regarding the procedure or preparation, please call us at (928) 445-4066.

If you must cancel, please call us as soon as possible, preferably 48 hours before your scheduled procedure.

IMPORTANT NOTE: Please note that this office does not and cannot possibly guarantee that your insurance will cover scheduled procedures. We believe your procedure(s) are medically necessary. For more information, please check with your insurance about coverage for procedure CPT code(s). Your insurance's telephone number(s) are listed on your cards.