

Dear Patient,

Thank you for choosing Beth Israel Deaconess Hospital *Needham* for your

**Flexible Sigmoidoscopy**

**Flexible Sigmoidoscopy with Sedation**

Beth Israel Deaconess Hospital *Needham*  
Outpatient Clinical Center 3<sup>rd</sup> Floor  
**The Christoph and Susan Hoffmann Center for Digestive Health**  
148 Chestnut Street  
Needham, MA 02492

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

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

**Cancellation Policy:** If you need to cancel or reschedule your procedure, please allow at least 48 hour notice. The phone number is 781-453-7861. You may leave a message with our answering service at any time.

**Please bring your completed medication list with you to the procedure.**

- Note: Because medical procedures do not always go according to schedule, there may be unexpected delays in your procedure. We thank you in advance for your understanding and patience. **PLEASE READ ALL INSTRUCTIONS TODAY!**
- Screening sigmoidoscopy with removal of polyps is a powerful tool in preventing colorectal cancer. Insurance coverage of colonoscopic polypectomy depends on your insurance carrier and plan details. Please refer to your insurer's explanation of benefits if you have any questions regarding this matter. Coverage cannot be guaranteed by BID Hospital *Needham* or Needham Gastroenterology Associates.
- Refer to the medications listed below that need to be stopped days before your procedure.

Please **leave valuables (jewelry, money, credit cards, or electronic devices) at home** when you come in for your procedure.

Registration will contact you prior to your procedure to confirm your information. If you are unavailable, please come directly to the Digestive Health Center on the day/time of your procedure and we will confirm your information.

**Internal Defibrillator and/or Pacemaker** – If you have an internal defibrillator and / or pacemaker, please bring your device card or information with you on the day of the procedure.

**If you are or may be pregnant**, please discuss the risks and benefits of this procedure with your doctor prior to your procedure.

#### **Medications**

- **Aspirin or Aspirin Products**- stop 5 days prior to your procedure. The exception to this is for patients who have had a cardiac stent. **CARDIAC STENT PATIENTS SHOULD REMAIN ON THEIR ASPIRIN.**
- **Iron tablets**, stop 5 days prior to your procedure.
- **Ibuprofen, Motrin, Advil, Aleve, and other Anti-Inflammatory Medications**- Must be stopped 48 hours prior to the procedure.

- **Coumadin, Lovenox, Aggrenox, Pradaxa, Xarelto, or Eliquis** or any other blood thinning medications: call your prescribing physician for instructions.
- For patients who have a **cardiac stent** and are taking **Plavix**, please contact your cardiologist for instructions.
- **Diabetics:**
  - If you are taking an **oral diabetic medication**, please **do not** take your dose the **evening before** your procedure and **do not** take your dose the **morning of** the procedure.
  - If you take **Insulin**, please call your prescribing doctor for further instructions.
- **Prescription Medications** may be taken the morning of your procedure, at least three hours prior to your arrival time with as little water as possible.

### Procedure Preparation

#### 3 days prior to the procedure

**\*\*If you have a history of chronic constipation**, please take 2 doses of Miralax (or its generic) three days prior to the procedure and then prep as instructed. A dose of Miralax is 17 grams diluted in 8 ounces of non-carbonated liquid.

Purchase 2 Sodium phosphate (Fleet or similar) enemas at any drug store prior to the procedure date. **Nothing to eat or drink after midnight before the procedure** except for prescriptions medications with a small sip of water three hours prior to your arrival time.

#### Day of Procedure

**1 ½ hours before your arrival time**, give yourself the first enema, following the instructions on the box.

**15 minutes after the first enema**, give yourself the second enema.

#### What happens during the procedure?

A flexible sigmoidoscopy is a procedure used to visualize inside the sigmoid colon and rectum. Flexible sigmoidoscopy can detect inflamed tissue, abnormal growths, and ulcers. The procedure is used to look for early signs of cancer can help doctors diagnose unexplained changes in bowel habits, abdominal pain, bleeding from the rectum, and weight loss.

During a flexible sigmoidoscopy, patients lie on their left side on the examination table. The doctor inserts a long, flexible, lighted tube called a sigmoidoscope, or scope into the rectum and slowly guides it through the sigmoid colon. The entire procedure takes about 20 minutes.

#### **PLEASE FOLLOW FLEXIBLE SIGMOIDOSCOPY WITH SEDATION PREPARATION INSTRUCTIONS included with this letter.**

- **Arrange for a ride home.**
- A responsible adult will need to pick you up in our Center **2 hours** after your **arrival time**. **Uber, Lyft or a taxi is allowed only if a responsible friend or family member accompanies you.**
- You may **not** drive for the remainder of the day. Do not plan to work or perform work related tasks for the rest of the day.

***We hope this information has been helpful. Be sure to read the rest of the information in this packet. If you have any questions, please call 781-453-7850.***