

Flexible Sigmoidoscopy Instructions

Please read these instructions carefully and call the office if you have any questions
Idaho Gastroenterology Associates, Boise office 343-6458, Meridian office 887-3724

Flexible Sigmoidoscopy is a common outpatient procedure in which the inside of the lower part of the large intestine (also called the sigmoid colon) is examined with a lighted scope. Your rectum and lower bowel must be empty for the exam to be accurate and complete. But usually there are no diet or fluid restrictions before this procedure.

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Stop all anti-inflammatory medications including aspirin, ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is safe to use in place of the above medications.
- If you are taking Coumadin, Plavix (clopidogrel) or other blood thinners please contact our office to determine if and when you need to stop these medications.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications you should or should not take.

THE DAY OF THE PROCEDURE:

- To prepare the bowel for the procedure, take 2 enemas 1 to 1 ½ hours prior to leaving the house. Try to hold the enema for at least five minutes before releasing it. Wait 15 minutes between each enema. On occasion, the doctor may have you drink an oral laxative as well.
- In most cases, sedatives and/or anesthesia are not necessary. Therefore, you can drive yourself home after the procedure. If you do receive a sedative, you cannot drive. You may use a taxi.
- Take your usual prescribed medications. If you are on anti-inflammatory medications or blood thinners please see instructions above.
- **Please bring a list of your current medications and correct dosage to your appointment.**

You are scheduled with Dr. _____ Date: _____ Check in time: _____

_____ Boise Endoscopy Center, 425 West Bannock Street, Boise

_____ Meridian Endoscopy Center, 2235 Gala Street, Meridian

_____ St. Luke's Boise Regional Medical Center (Admitting), 190 E. Bannock St., Boise-Hospital

_____ St. Luke's Meridian Regional Medical Center, 520 S. Eagle Rd., Meridian-Hospital. (Use the Eagle road entrance. Check in at outpatient registration in main level lobby.)

Please check with your insurance company regarding pre-certification. Bring all insurance cards with you.