

# DIGESTIVE DISEASE & ENDOSCOPY CENTER

## Flexible Sigmoidoscopy/Rectal EUS Instructions

Please follow your physicians specific instructions carefully to ensure a successful prep.

**PICK UP YOUR PREP SOLUTIONS AFTER YOUR OFFICE VISIT HAS COMPLETED**

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Seven (7) Days Prior to Procedure  ____/____	Three (3) Days Prior to Procedure  ____/____	One (1) Day Prior to Procedure  ____/____	Procedure Day  ____/____
<p><b>STOP</b> taking Iron, Fiber and Fish Oil supplements, blood thinners eg. Plavix, Coumadin, Aspirin, Ibuprofen, Aggrenox, etc. Check with your prescribing physician if it is safe for you to stop these medications.</p> <p>You may take Tylenol or Acetaminophen for pain if needed prior to your procedure.</p> <p><b>STOP</b> eating any fruits or vegetables containing seeds, corn, popcorn, nuts until after the procedure.</p> <p>Begin a <b>low fiber diet</b> starting today, (examples on back page)</p> <p><b>Purchase :</b> <b>Two-</b> Bottles Fleet or Saline Laxative Enemas.</p>	<p><b>CANCELLATIONS:</b> If you need to cancel or reschedule your procedure, please call our office (360) 479-1952 ext. 122</p> <p><b>Arrange Transportation if you are being sedated for your procedure:</b> All patients must be accompanied by a responsible adult. (Age 18 or older) Your procedure will take about 2 hours. Drivers are required to stay in the building.</p> <p><b>NO TAXI, BUS or UBER:</b> <b>No driver will result in rescheduling of your procedure.</b></p>	<p>Plan to spend approximately 2 hours at your appointment.</p> <p>Wear comfortable clothing that allows you to undress from the waist down.</p>	<p><b>Stop all Food and liquid intake 4 hours prior to your procedure.</b></p> <p><b>Medications:</b> Blood Pressure, Heart, Lung, Seizure or Psychiatric medication, take 3 hours prior to your procedure with small sips of water.</p> <p>3 Hours Prior to your appointment, start your fleet/saline laxative enema. Follow the package instructions EXCEPT hold for a minimum of 10 minutes, 15 minutes if possible. Wait 20 minutes then repeat with second enema.</p> <p>If necessary, 2 warm water enemas can also be taken. If stool is not clear after completing enemas, please call our office ASAP.</p>

## Frequently Asked Questions

### **What are some high fiber foods I should avoid?**

Salads, brown rice, whole grains, oatmeal, seeds, nuts, popcorn, fruit and raw vegetables.

### **What are some good options for low fiber foods?**

White bread, white rice, white pastas, meat, fish, dairy, eggs, cream of wheat and cooked vegetables are low in fiber and good choices for foods 7 days before you begin prep.

### **Do I need a driver for my procedure?**

Yes, if you are being sedated for your procedure. Your driver will need to check in with you before the procedure and drive you home after your procedure to assist you with follow up care. Your driver will be required to stay in the procedure center/hospital while your procedure is being performed. This takes approximately 2 hours. You will not be able to drive a car, operate any machinery or go back to work until the following day.

### **Do I need to bring anything with me the day of my appointment?**

You will need to bring your identification, insurance cards and copayment the day of your procedure. Failure to bring this information may result in your appointment being rescheduled.

### **Can I drink alcohol or use Marijuana or any other recreational substances while prepping for my procedure?**

Alcohol, Marijuana or any other mind altering substances are not allowed while prepping for a colonoscopy.

### **What should I wear the day of my procedure?**

Loose comfortable clothing, sleeves should be short or easy to roll up. Any valuables should be left at home. Please do not wear perfume or cologne the day of your procedure.

### **How long does the procedure last?**

The procedure usually takes 5-15 minutes to complete. During the procedure, you may experience some mild to moderate discomfort, pressure and slight cramping in your lower abdomen. Symptoms are usually well tolerated and require no medication.

### **When will I hear about my pathology results?**

Test results will be mailed to you within 7-10 days. If the findings are concerning, you will be notified earlier by phone. All results will be available through our patient portal.

### **Is my procedure covered by my insurance?**

Contact your Insurance company to check benefit coverage for your procedure or if prior approval is required. Procedures are often subject to deductibles, co-pays or co-insurance premiums.

### **Important billing Information:**

Any procedure performed may generate up to four separate billing charges which include: Physician Fee, Facility Fee, Anesthesia Fee, Pathology Fee. (If biopsies are taken) If a biopsy is performed you will receive a separate bill from the pathology facility, please contact them directly for any questions at the numbers provided on your statement.

If you have any questions or concerns about the preparation, please contact us at (360)479-1952 EXT. 122 or by messaging us through your patient portal.