QUINCY MEDICAL GROUP

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

John T. Barbagiovanni, DO, FACOI

To schedule your flexible sigmoidoscopy or if you have any questions about your procedure, call Dr. Barbagiovanni's office at 217-222-6550, option #1, extension 3636.

Your appointment for your flexible sigmoidoscopy is _____ at the Surgery Center of Quincy, 1118 Hampshire Street, 3rd floor.

TIME: Blessing Hospital Prep Clinic staff will call you with the tentative time of arrival approximately 3-5 days prior to your procedure. Blessing Hospital Prep Clinic is open 8:00 a.m. to 4:30 p.m. If you need to cancel the day of the procedure, call the GI Center at 217-222-6550, option #1, extension 6120. **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT**.

A flexible sigmoidoscopy is performed by the doctor using a flexible lighted instrument to view the lower portion of the colon, rectum, and anal canal. In order to perform an accurate and comfortable test, it is necessary to clean the lower end of the colon.

The test will take only a few minutes to perform but allow at least an hour of time at the Surgery Center. You may resume normal activities immediately after the test. The test itself is not painful but you may feel some discomfort from the tube or the air that is injected into the colon to allow the doctor to see the lining of the colon.

1. You must *DISCONTINUE* the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, vitamin E, Aggrenox, any blood-thinning medications such as Plavix or Ticlid, and all herbal supplements. For 3 days prior, you must discontinue Coumadin.

   IF YOU ARE DIABETIC: The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. Hold evening dose of Byetta, Januvia, or Victoza the day before procedure and morning of procedure.

   Extra Strength Tylenol is the only over-the-counter medication you may take for pain.

2. The evening before, around 4:00 or 4:30 p.m., on _____ be on a clear liquid diet. Remain on clear liquids until 2 hours prior to your procedure. These liquids can be anything you can easily see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles, and Gatorade. No solid food, milk or milk products including non-dairy creamers.

3. The evening before the procedure at 6 p.m., drink one bottle of Magnesium Citrate. This is in the laxative section at any drug store and does not need a prescription. Drink at least a quart of clear liquids over the next two hours after taking the Magnesium Citrate. Remember, the more liquid you drink, the quicker the laxative will complete its work. Allow at least two hours for the laxative to complete its cleansing action.