



Flexible Sigmoidoscopy (Flex Sig) Patient Instructions

Your Appointment has been scheduled for a Flexible Sigmoidoscopy in the Endoscopy Lab on the 4th floor of the Ochsner Clinic at 1514 Jefferson Highway in New Orleans. Take elevator B to the 4th floor.

This is a procedure to view the inside of your lower digestive tract (colon and rectum). It can help screen for colon cancer and can also help find the source of abdominal pain, bleeding and changes in bowel habits. If necessary, your doctor may need to take samples during the procedures.

Designated Driver on the Day of Your Exam

A responsible adult (family member or friend) must come with you to your colonoscopy and remain in the endoscopy area until you are discharged. You are not allowed to drive, take a taxi or bus, or leave the Endoscopy center alone. If you do not have a responsible adult (friend or family) with you to take you home, your exam will be cancelled.

Key Instructions:

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout exactly as they are written

Medications and What to Do

Some of the medicines you take may need to be stopped adjusted before your Flexible Sigmoidoscopy.

Medication	What to Do
Anticoagulant/blood thinning medication Aggrenox, ASA, Brilinta, Effient, Eliquis, Lovenox, Plavix, Pletal, Pradaxa, Ticlid, Xarelto	Follow the instructions from the scheduling nurse
Coumadin through Ochsner's Coumadin Clinic	Follow the instructions from the Coumadin Clinic
Blood pressure, heart, anti-rejection, and/or seizure medication	Take your regular dose by 6:00 AM the morning of your colonoscopy appointment
Insulin or other oral medication for diabetes	Skip your dose the morning of the procedure, unless instructed otherwise by your doctor and bring your diabetic medications with you to the colonoscopy
Any other medications	Follow the instructions from the scheduling nurse

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If you are a female under the age of 60 years of age, please be prepared to provide a urine sample on arrival.

If you have questions about the cost of the procedure, you should contact your health insurance company as soon as possible. Please bring a picture Id and your insurance card. You will have to sign a treatment authorization forms at check in. It is necessary for you to sign these forms again even if you recently signed these at the time of your clinic visit.

Your Flexible Sigmoidoscopy is scheduled for **Date:** [REDACTED] **Arrival Time:** [REDACTED]

<input checked="" type="checkbox"/>	Time	Activity
Stop Taking: _____ Starting: _____		
AT LEAST 2 DAYS BEFORE PROCEDURE: Date: [REDACTED]		
<input type="checkbox"/>		Arrange for a family member or friend to come with you on the day of the procedure Purchase two fleets disposable enemas from your pharmacy
DAY BEFORE PROCEDURE: Date: [REDACTED]		
<input type="checkbox"/>	Evening before procedure	Eat a light evening meal, and eat no solid food after 7pm. Do not drink alcohol or clear liquids containing red dye
DAY OF PROCEDURE: Date: [REDACTED]		
<input type="checkbox"/>	When you wake up	Stop drinking all clear liquids except if needed for your final dose of any medications
<input type="checkbox"/>	6:00 AM	Take your last dose of any medications you are allowed to take with a small amount of clear liquid
<input type="checkbox"/>	Time: _____	One (1) hour before your appointment, instill contents of first enema into the rectum and retain for 10 minutes. Expel contents, then wait 5 minutes and repeat the same procedure with the 2nd enema.
<input type="checkbox"/>	Before leaving home	Bring the following items with you: Insurance card Picture identification Co-payment
<input type="checkbox"/>	Before appointment	If you are on blood thinners, you may need to stop in the lab on the 2 nd floor before coming to the Endoscopy Lab. Please follow the instructions given by the nurse on the phone.

If you have abdominal pain, fever, rectal bleeding, vomiting or any other problems before or during your flexible sigmoidoscopy preparation or need to reschedule, contact the scheduling nurse right away at Lisa Amos LPN (504) 842-3185 between 7:00 AM to 7:00 PM. After 7:00 PM and on weekends, call (504) 842-3000 and ask for the resident on call for Colorectal Services or Gastroenterology.