



Beth Israel Deaconess Hospital
Needham

Needham Gastroenterology Associates

Dear Patient,

Thank you for choosing Beth Israel Deaconess Hospital *Needham* for your **flexible sigmoidoscopy** procedure. We want to make sure your procedure goes as smoothly as possible.

Beth Israel Deaconess Hospital *Needham*
Endoscopy and Infusion Center
148 Chestnut Street
Needham, MA 02492

Day/Date: _____

Arrival Time: _____

**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 patience and understanding.*

PLEASE READ ALL INSTRUCTIONS TODAY! 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 test.

Please register in Admitting on the Ground Floor prior to reporting to the Endoscopy Center unless preregistered by phone. You will need your insurance card and a picture ID.

Medication List and Sleep Apnea Form – please bring your completed Medication List and Sleep Apnea Form with you on the day of your procedure.

Internal Defibrillator or Pacemaker – If you have an Internal Defibrillator or Pacemaker, please call the Endoscopy and Infusion Center at 781-453-3885 and ask to speak to a nurse. Please have your Internal Defibrillator and / or Pacemaker information, cardiologist’s name, and contact information available for reference during the call. Please bring the device card with you on the day of your procedure.

Precautions – If you have ever been diagnosed with MRSA or VRE, please call the office of Drs. Cohen, Tomczak, and Ullman at 781-444-6460 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 a cardiac stent. **CARDIAC STENT PATIENTS SHOULD REMAIN ON THEIR ASPIRIN.**
- **Iron tablets, Multivitamins with Iron, Omega 3 (fish oil) supplements**-stop 5 days prior to the 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: please 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. There is no sedation necessary for this procedure so you may resume normal activities (i.e. driving, work, exercise) immediately.

Procedure Preparation

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

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

Day of Procedure

- **1 ½ hours before your scheduled 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 and 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 an 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.

Going home

You will stay in our Center for about ½ hour after your procedure. A nurse will monitor your recovery and go over your discharge instructions with you.

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 781-444-6460.