

Dear Patient,

Thank you for choosing Beth Israel Deaconess Hospital–Needham for your **Flexible Sigmoidoscopy**.
PLEASE READ ALL INSTRUCTIONS TODAY!

Beth Israel Lahey Health 
Beth Israel Deaconess Needham
Outpatient Clinical Center, 3rd Floor
The Christoph and Susan Hoffmann Center for Digestive Health
148 Chestnut Street
Needham, MA 02492

Day/Date: _____

Arrival Time: _____

Cancellation Policy: If you need to cancel or reschedule your procedure, please allow at least 48 hours notice (please let us know as soon as possible!). The phone number to cancel or reschedule is 781-453-7861. You may leave a message with our answering service at any time. Please note, this line is not staffed to answer questions regarding your preparation, prescription, or procedure, call Needham Gastroenterology Associates at 781-444-6460 with these questions.

Please bring your completed medication list with you to the procedure.

- Screening sigmoidoscopy with removal of polyps is a powerful tool in preventing colorectal cancer. Insurance coverage of colonoscopic polypectomy depends on your insurance carrier and plan details. Please refer to your insurer's explanation of benefits if you have any questions regarding this matter. Coverage cannot be guaranteed by Beth Israel Deaconess Hospital–Needham or Needham Gastroenterology Associates.
- Refer to the medications listed below that need to be stopped days before your procedure.
- 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 understanding and patience.

Please **leave valuables (jewelry, money, credit cards, or electronic devices) at home** when you come in for your procedure, please bring your mobile phone and keep it with you.

Registration will contact you prior to your procedure to confirm your information. If you are unavailable, please come directly to the Digestive Health Center on the day/time of your procedure and we will confirm your information.

Internal Defibrillator and/or Pacemaker – If you have an internal defibrillator and/or pacemaker, please bring the device card with you on the day of your procedure.

Please note, if you have a history of lung or heart transplant, severe mobility issues, and/or a left ventricular assist device (LVAD) please call 781-453-7861 to report this history.

If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor prior to your procedure. Please note all women 55 years old and younger will be screened for pregnancy status, you may be asked to provide a urine sample the day of your procedure.

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Medications (Please complete the attached medication form and bring with you to your procedure)

- **Iron tablets** – stop iron tablets 5 days prior to your procedure.
- **Coumadin, Lovenox, Aggrenox, Pradaxa, Xarelto, or Eliquis** or any other blood thinning medications: call your prescribing physician for instructions. If you take Coumadin, your blood will be drawn at the Coumadin clinic prior to your procedure. Please contact Needham Gastroenterology Associates at (781) 444-6460 to arrange this appointment.
- For patients who have a **cardiac stent** and are taking **Plavix**, please contact your cardiologist for instructions.
- **Diabetic and Weight Management:**
 - 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.
 - GLP-1 agonist category medications– for daily dosing (ex. Byetta, Victoza, Saxenda, Xultophy, Adlyxin, this list may not be all-inclusive) **hold day of the procedure**; for weekly dosing (ex. Trulicity, Bydureon BCise, Ozempic, Wegovy, Monunjaro, this list may not be all-inclusive, *Rybelsus daily must be held for a week*) **hold a week prior to the procedure**.
 - SGLT-2 medications – (ex. Invokana, Farxiga, Xigduo XR, Qtern, Brenzavvy, Steglatro, Jardiance, Glyxambi, Synjardy XR, this list may not be all-inclusive) **hold 72 hours prior to procedure**.
- **Prescription Medications** may be taken the morning of your procedure, at least three hours prior to your arrival time with as little water as possible.

Procedure Preparation

PLEASE FOLLOW FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS included with this letter.

- **Arrange for a ride home.** A responsible adult will need to pick you up in our Center **2 hours after your scheduled arrival time.** A rideshare (Uber, Lyft, etc.), taxi, or public transportation is allowed only if a responsible friend or family member accompanies you. If you do not have a ride arranged your procedure cannot be performed with sedation
- After sedation, you may **not** drive for the remainder of the day. Do not plan to work or perform work related tasks for the rest of the day due to the lasting effects of the sedation.

***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
Needham Gastroenterology Associates at (781) 444-6460.***