

Flexible Sigmoidoscopy Prep Instructions

IMPORTANT: If the bowel is not clean when you arrive to the procedure unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled. You will need to purchase the following – all are available over the counter at any pharmacy:

You will need to purchase from your pharmacy: 2 – Bottles of Fleets Enema



DISCUSS MEDICATIONS and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure.

Instructions may include the following changes:

- If you take **Phentermine**, **stop** 2 weeks prior to your procedure.
- If you take **INSULIN** please check with the doctor that prescribes this for you about adjusting the dose prior to your test. The morning of your procedure please take ½ the normal dose.
- If you take **Iron**, **stop** for 3 days prior to the procedure including multivitamins with iron supplements.
- If you are on a GLP 1 receptor Agonists medication that is used weekly such as Dulaglutide/Trulicity, Semaglutide/Ozempic, Tirzepatide/Mounjaro you **MUST** hold this medication 1 week prior to your procedure.
- If you are on a GLP 1 receptor Agonists medication that is used daily such Semaglutide/Rybelsus, Liraglutide/Victoza/Saxenda, Lixisenatide/Adlyxin, Exenatide/Byetter you **MUST** hold this medication **24 hours** prior to your procedure.
- If you are on an SGLT-2 medication such as - Bexagliflozin (Brenzavvy), canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin, Sotagliflozin you **MUST** hold this medication for **4 days** prior to your procedure.
- If you are on an Opioid Antagonist medication such as - 6520Naltrexone and combinations (suboxone), Vivitrol you **MUST** hold this medication for 3 **days** prior to your procedure.
- If you take **blood pressure, seizure, or cardiac** medicines in the morning, please take them at 6 AM with a tiny sip of water. Take no other medicines unless directed to do so. No gum or mints.



ARRANGE for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- Sedation may cause temporary loss of memory. Be aware that you may not remember results given to you by your doctor following the procedure.
- Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.



DAY of your procedure, you will begin your flexible sigmoidoscopy preparation. Please follow the instructions below: **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

- On the morning of your procedure: **TWO hours prior to leaving** for your procedure, you will need to administer the first Fleets Enema. You should have results within 2-5 minutes.
Preferred Position - Lying on the left side with knees flexed, or in the knee-chest position. This position helps the enema solution flow easily into the colon. Remove protective cap from the pre-lubricated rectal tube before using. Insert tube gently, pointing it in the direction of the navel about 4-6 inches. Slowly squeeze bottle to empty contents into rectum. The rubber diaphragm at the base of tube prevents accidental leakage and assures controlled flow of the enema solution. Withdraw the tube from rectum. An extra amount of solution is provided to allow for the quantity normally remaining in the bottle after squeezing. Maintain position until defecation impulse is felt, usually within 2-5 minutes.
- **ONE hour prior to leaving** for your procedure, you will need to administer the second Fleets Enema. You should have results within 2-5 minutes.

Cancellation Policy/No Show Policy

Cancellation/No Show Policy for Doctor Appointment/Procedure

We understand that there are times when you must miss an appointment due to emergencies or obligations for work or family. However, when you do not call to cancel an appointment, you may be preventing another patient from getting much needed treatment. Conversely, the situation may arise where another patient fails to cancel and we are unable to schedule you for a visit, due to a seemingly "full" schedule. If an appointment/procedure is not cancelled at least 14 business days in advance you may be charged a \$250 fee; this will not be covered by your insurance company.

Account Balances

We will require that patients with self-pay balances pay their account balances prior to receiving further services by our practice. Patients who have questions about their bills or who would like to discuss a payment plan option may call and ask to speak to a business office representative with whom they can review their account and concerns.

Patients with balances over \$100 must make payment arrangements prior to future appointments being made.

Facility Locations

<u>Research Medical Center-Patient Registration</u> 2330 E Meyer Blvd, Suite 102 Kansas City, MO 64132	<u>Overland Park Regional Medical Center</u> 10500 Quivera Road Overland Park, KS 66215	<u>Menorah Medical Center – Bldg C</u> 5701 W 119 th St. Overland Park, KS 66209
<u>Overland Park Surgical Center</u> 10601 Quivera Road Suite 100 Overland Park, KS 66215	<u>Mid America Surgical Institute</u> 5525 W 119 th St. Suite 100 Overland Park KS 66209	<u>South Kansas City Surgicenter</u> 10730 Nall Ave, Suite 100 Overland Park KS 66211