



# Flexible Sigmoidoscopy Instructions Miralax

PATIENT NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

PROCEDURE DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

## LOCATION:

- MAIN LINE ENDOSCOPY EAST: 2 BALA PLAZA, SUITE IL 30, BALA CYNWYD
- MAIN LINE ENDOSCOPY SOUTH: RIDDLE HOSPITAL, HCC II, SUITE 2110, MEDIA
- MAIN LINE ENDOSCOPY WEST: 325 CENTRAL AVE., LOWER LEVEL, MALVERN
- LANKENAU GI LAB: 100 E. LANCASTER AVE, APC MAIN ENTRANCE, WYNNEWOOD
- RIDDLE HOSPITAL SPU: OUTPATIENT PAVILLION, 2<sup>ND</sup> FLOOR, MEDIA
- PAOLI HOSPITAL SPU – 255 W. LANCASTER AVE., ENDOSCOPY SUITE, PAOLI

## MEDICATION INSTRUCTIONS: \_\_\_\_\_ Initial here

- Stop** taking medications with **Iron** 5 days prior to the procedure.
- Stop** taking **Fish Oil** supplements 3 days prior to the procedure.
- Continue all prescribed medications unless otherwise instructed, including aspirin and Plavix.
- Blood thinning medications may need to be stopped prior to your procedure.** Our office staff will be reaching out to your prescribing physician to request permission to stop your medication. If you do not hear from our office with instructions on how to take your blood thinning medications 10 days prior to your procedure, please call the office at 610-644-6755.
- Take your medications 4 hours before your scheduled procedure with a sip of water. If you are not able to take them 4 hours before your procedure, please wait until after your procedure.
- Do not drink any fluid within 4 hours of your procedure or it may be rescheduled. Sips of water for medications mentioned above are allowed.**
- Diabetics:** If you have diabetes, check with your physician to see if changes are needed. **Do not take your usual diabetic medications the morning of your procedure.** Check your blood sugar before arrival. Call the office 610-644-6755 if your blood sugar is 70 or below. Notify the staff immediately upon arrival as well.
- Do not smoke the day of the procedure.**
- Stop all Cannabis use as follows:**
  - Smoked Cannabis- Stop 12 hours prior**
  - Vaporized Cannabis- Stop 12 hours prior**
  - Ingested Cannabis- Stop 8 hours prior**
  - CBD oil ingested- Stop 8 hours prior**

**❑ SPECIAL MEDICATION INSTRUCTIONS:**

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**What is a Flexible Sigmoidoscopy?**

**A Flexible Sigmoidoscopy is an exam used to evaluate the lower part of the large intestine (colon). During a flexible sigmoidoscopy exam, a thin, flexible tube (sigmoidoscope) is inserted into the rectum. Biopsies may be taken.**

If you choose to receive anesthesia, an intravenous (IV) catheter will be inserted into a vein in your arm to provide hydration and medication to keep you asleep during your procedure.

You will receive nasal oxygen. We will monitor your heart rate, blood pressure and blood oxygen level throughout the procedure.

Air or carbon dioxide and water will be placed into your colon during the exam. It is normal to expel these after the procedure.

You will rest in the recovery room after the procedure until you can tolerate liquids, walk unassisted, and have stable vital signs.

**THE ENTIRE PROCESS TAKES ABOUT 2 HOURS.**

If the start of your procedure is delayed, we will do our best to keep you informed. Rest assured that during your Flex Sig you will receive the highest quality care.

**IMPORTANT**

**72 HOURS NOTICE IS REQUIRED FOR CANCELLATION.**

**IF YOU CANCEL LESS THAN 72 HOURS BEFORE YOUR PROCEDURE, YOU WILL BE CONSIDERED A “NO SHOW” AND MAY BE CHARGED A \$50 FEE. THIS FEE IS NOT COVERED BY INSURANCE.**

If you have any questions, please contact one of our offices for assistance:

- 1991 Sproul Road, Suite 230, Broomall 610.449.1525
- 100 Lancaster Avenue, Suite 252, Lankenau MBE, Wynnewood 610.896.7360
- 325 Central Avenue, Suite 200, Malvern 610.644.6755
- 1088 W. Baltimore Pike, HCC II, Suite 2407, Media 610.565.1808

## To Prepare for your Procedure

- ❑ You may choose to receive anesthesia for the procedure. Anesthesia can make you dizzy, forgetful and or sleepy therefore:
  - A responsible adult, 18 years or older, must drive and/or escort you to and from your procedure.
  - Bus, taxi, shuttle, or Uber/Lyft drivers **CANNOT** be your responsible driver.
  - If you do not have a responsible adult to drive and/or escort you home, your procedure will be rescheduled.
- ❑ **General Instructions:**
  - Please notify office of any change in medical history. Example: chest pains, shortness of breath, arrhythmias, or recent hospitalizations
  - Must have a ride to accompany you home, you cannot drive after sedation.
  - Review and complete the stapled packet: Main Line Endoscopy Center Patient Registration forms. You are required to bring completed forms with you on day of procedure.
  - Wear comfortable clothes. You may feel bloated after the procedure.
  - Leave valuables at home or with the adult accompanying you.
  - Remove all jewelry, including body piercings.

## PREPARATION: The Day Before your Procedure

<p><b>5pm</b> <b>The day <i>Before</i> the procedure</b></p> <p><b><u>DO NOT EAT DINNER</u></b></p> <p><b><u>NO SOLID FOOD</u></b></p>	<p>Follow a diet of <b><u>CLEAR LIQUIDS ONLY:</u></b></p> <p>Water</p> <p>Coffee or tea, <b><i>without milk or cream</i></b></p> <p>Clear juice – apple, white grape, lemonade (no pulp)</p> <p>Broth, bouillon</p> <p>Gatorade or similar sports drinks</p> <p>Kool Aid, Crystal Light</p> <p>Carbonated soft drinks – Coke, Sprite (regular or diet)</p> <p>Jell-O™ (no added fruit or toppings; not red or purple)</p> <p>Popsicles (not red or purple)</p> <p><b>NO RED OR PURPLE PRODUCTS</b></p> <p><b>NO JUICE WITH PULP</b></p> <p><b>NO DAIRY DRINKS</b></p> <p><b>NO ALCOHOL</b></p>
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**6pm**  
**The day *Before* the procedure**

**NO SOLID FOOD**



**MiraLax (Polyethylene Glycol) Laxative Powder 238g or 8.3 oz bottle**

This will be mixed with 32 oz. clear liquid of your choice:

- Clear juice – apple, white grape, lemonade
- Gatorade or similar sports drinks
- Kool Aid, Crystal Light
- **NO RED OR PURPLE JUICE**
- **NO JUICE WITH PULP**
- **NO DAIRY DRINKS**
- **NO ALCOHOL**

Mix 1 entire bottle of MiraLax (Polyethylene glycol) 238g in 32 oz of clear liquid.

- Drink 1 glass (8 oz) of MiraLax prep every 20 minutes until 4 glasses are finished. (32oz Total). This will take approximately an hour and a half to complete.
- Continue hydrating with clear liquids throughout the remainder of the evening and until 4 hours prior to your procedure.

## **PREPARATION: The Day *of* Your Procedure**

**4 Hours  
Before your  
Appointment**

**NO FOOD OR DRINK**

All clear liquids **MUST** be completed **4 hours** prior to your appointment.

This is the time when morning medications should be taken if directed to do so by your provider or wait until after your procedure.

*Nothing by mouth.* No hard candy, chewing gum, cigarettes, or medications.

Eating or drinking at this time may result in cancellation or delay of procedure.

**3 Hours  
Before your  
Appointment**

**NO FOOD OR DRINK**

Use 1 Saline Solution Fleet Enema