MNGi DIGESTIVE HEALTH
612-871-1145 | mngi.com

PREPARING FOR YOUR FLEXIBLE SIGMOIDOSCOPY WITH SEDATION

Purchase the following supplies at your local pharmacy:

2 – FLEET Saline Enemas

For your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

Cancel or Reschedule Your Appointment:
If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Responsible Person:
Please remember a responsible person needs to check in with you on your procedure day, go with you after discharge, drive you home after your procedure and assist you with follow up care. This takes approximately 2 hours from check-in to discharge. You will not be able to drive a car, operate machinery, or go to work until the following day. Failure to bring a responsible person may result in your appointment being rescheduled.

Some patients may experience temporary memory loss after the procedure due to use of monitored anesthesia care. You may wish to have a responsible person present during your discharge to take notes on your behalf and ask questions related to your follow up care.

If the patient is a minor or requires a legal guardian, the legal guardian must be present to check in the patient on the procedure day. If the legal guardian is not able to be present at check in, they will need to be available by phone for the duration of the procedure and through patient discharge.

The night before your procedure:

- Stop eating solid foods and begin clear liquid diet at **11:45pm**. Clear liquids include things you can see through.
    - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.

    - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.

    - For additional details on following a clear liquid diet, please see https://www.mngi.com/conditions/clear-liquid-diet

Day of your test:
Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. As a reminder, continue to avoid red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

Morning Medications: You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure** or earlier. Do not take any chewable vitamins or supplements. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

- **3 hours prior to your procedure time** (Example: 4:30am for a 7:30am procedure):
  - STOP consuming all clear liquids.
  - Do not take anything by mouth during this time.

- **1 ½ hours before leaving for your procedure:**
  - Rectally administer the 1st Fleet enema

- **1 hour before leaving for your procedure:**
  - Rectally administer the 2nd Fleet enema

Bring the following to your procedure:
- Insurance Card / Photo ID
- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

DESCRIPTION OF FLEXIBLE SIGMOIDOSCOPY WITH SEDATION

What is flexible sigmoidoscopy?
Flexible sigmoidoscopy is a procedure that allows your physician to examine the lining of the rectum and a portion of the colon for abnormal growths or tissue. During this procedure, the doctor inserts a flexible, hollow tube called a sigmoidoscope into the anus and advances it slowly into the rectum and lower colon. If abnormal tissue is found, the doctor may remove a sample for further examination or biopsy.

What should I expect during a flexible sigmoidoscopy?
Plan to spend up to 1½ hours at the endoscopy center the day of your procedure. The procedure itself takes from 5 to 15 minutes to complete.

Before the Procedure:
Your medical history will be reviewed with you by your health care team including a nurse, your gastroenterology physician and an anesthesia provider. An IV line will be placed.

During the Procedure:
During your procedure the anesthesia provider will administer medications (if you chose to be sedated) and monitor vital signs which is a process known as Monitored Anesthesia Care (MAC). While most patients sleep through the procedure, some remain awake and aware. The anesthesiologist and/or certified registered nurse anesthetist (CRNA) will help determine the appropriate type of drug to be used during the procedure to keep you safe and comfortable. If abnormal tissue or polyps are found, the physician may remove them through the scope for closer examination or biopsy.

What should I expect after a flexible sigmoidoscopy?
The physician will talk with you about the initial results of your procedure and will prepare a full report for the healthcare provider who referred you for the procedure. You may have some cramping or bloating after the procedure which is normal and should disappear quickly by passing gas. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 5-7 working days for you to be notified of the results by mail or through the Patient Portal.

What are the possible complications with flexible sigmoidoscopy?
Although serious complications are rare, any medical procedure has the potential for risks. Risks from the procedure include perforation, or a tear through the lining of the colon, bleeding from a biopsy site, reaction to medications, heart and lung problems, and eye injuries.