

READ AND UNDERSTAND YOUR PREP INSTRUCTIONS AS SOON AS YOU GET HOME.

DO NOT EAT ANY SOLID FOOD ON THE DAY OF YOUR PREP.

GET YOUR PREP SOLUTION AS SOON AS POSSIBLE. DO NOT WAIT UNTIL THE LAST MINUTE AS MOST PHARMACIES ONLY KEEP PRESCRIPTIONS ON FILE FOR A SHORT TIME BEFORE CANCELING THEM

PLAN ON BEING AT THE HOSPITAL FOR APPROXIMATELY A TOTAL OF 2 HOURS FROM THE TIME YOU CHECK IN TO THE TIME OF DISCHARGE.

GO TO THE MAIN ENTRANCE OF THE HOSPITAL AND CHECK IN AT THE REGISTRATION/ADMISSIONS DESK FOR YOUR PROCEDURE.

I WILL NOT EAT NOT EAT SOLID FOOD AFTER BREAKFAST ON THE DAY OF MY PREP.

Please initial, date and bring these instructions with you on the day of your procedure. _____

Athens Gastroenterology, PA

Jay Takata, MD

Please call 903-677-3737 Opt 1 if any questions

FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

In order to safely and accurately examine your colon during a flexible sigmoidoscopy, the lower colon must be adequately cleaned out. It is therefore essential that the instructions below be followed closely.

ON THE DAY BEFORE THE EXAM: You may eat a normal breakfast .

Have only clear liquids for lunch and for your evening meal. Clear liquids include water, coffee, tea, lemonade, sodas, popsicles, jell-o and broth. **DO NOT EAT ANY DAIRY PRODUCTS OR SOLID FOODS.**

At 6:00pm, drink one bottle of over the counter **MAGNESIUM CITRATE.** You may have "clear" liquids until midnight, then **NOTHING** to eat or drink after midnight.

ON THE DAY OF YOUR EXAM: Do not eat or drink anything. Take only medications AS DIRECTED with a sip of water.

You need to have someone that will be able to escort you from the G.I. Lab area and drive you home.

Your procedure is schedule at UT Health Athens.

Your test is scheduled for _____

Your check in time is: _____

UT Health Athens : 2000 S. Palestine, Athens, Tx , 75751

ATHENS GASTROENTEROLOGY, PA
Flexible Sigmoidoscopy Information Sheet

Flexible Sigmoidoscopy is a test done to examine the lower colon. This test is performed with an **endoscope**. An endoscope is a flexible tube with a computer chip at the end. As the tube is passed along the length of the colon, the computer chip projects an image onto a TV screen. Endoscopy is the most sensitive way to examine the lining of the colon and can often find problems that cannot be detected with physical examination or x-ray tests. If abnormal tissue is found during the examination, this tissue can be biopsied. A **biopsy** is a "snippet" of tissue taken with a special instrument that is passed through the scope. Performing biopsies is painless and does not require any form of surgery and does not involve cutting the abdomen.

Flexible sigmoidoscopy is a very safe test with a low risk of complications. However, every test has some risk of complications, and this is the case for flexible sigmoidoscopy. **Risks** include **perforation** of the colon (a condition in which the lining of the colon is punctured with the scope), **bleeding** (particularly if biopsies are taken), **over sedation** (since you may be receiving sedative medications). Other risks are much more rare and include **drug reactions**, **phlebitis** (inflammation of the vein where the IV is placed), **worsening of any current health problems** (including heart attacks and strokes), and even the very remote possibility of **death**. Treatment of these complications can require hospitalization, transfusion of blood products, or even surgery.

On the day of your exam, an IV will be placed in a vein in your hand or arm. This IV will be used to give you medicine for your test. The medicine will make you relaxed and sleepy. Many patients drift off to sleep and do not wake up until the test is finished. After you are adequately sedated, the endoscope is passed through your rectum and into the colon. Biopsies will be taken if necessary. The exam takes between 10 and 20 minutes. After your exam, you will be taken to the recovery area where you will stay until your vital signs are stable and you are awake enough to leave safely. You may leave with your escort when you are released from the recovery room.