

## DIGESTIVE AND LIVER DISEASES CLINIC INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

This information has been prepared to assist you. Please read it thoroughly. For questions, at any time, please call 214-645-0595.

**Registration:** In order to complete your registration, please call University Hospital at 214-645-5550 to verify your medical information and to be informed of any facility fees beyond those paid by your insurance company that you may be responsible for.

**Transportation:** Your physician will decide if sedation is needed. **If no sedation is needed you can drive yourself home. If your physician does order sedation you will need a ride home.** Allow approximately 2 - 3 hours from arrival to departure.

**Directions:** A map to your designated procedure location should have been given to you during your office appointment or mailed to you. Most of these procedures are done in the Outpatient building, 1801 Inwood Rd. If you have any questions regarding directions please call 214-645-0595 or visit [utsouthwestern.org](http://utsouthwestern.org) to view the interactive map.

**Medications:** **DO NOT** take insulin the day of the procedure. Please **DO** take blood pressure and/or heart medications the morning of the procedure, **with only a sip of water**, even if the medication is scheduled in the morning. If you have been prescribed a low dose (81 mg) aspirin by your doctor, you may continue to take that medication. You are not to use any additional aspirin or NSAID's for 5 days before your colonoscopy. **NOTHING BY MOUTH AFTER MIDNIGHT.**

**Preparation:** The prep is 2 Fleet enemas. These can be purchased over the counter at your drug store. Please use the two **FLEET ENEMAS** as directed: one the evening before and one the morning of the procedure (two hours before you leave for the hospital). Please follow the instructions on the bottle for a successful test. Once the enemas are given, do not eat until the test has been completed.

**After the procedure:** You might feel bloated due to the air that was introduced into the colon during the procedure. This will pass as you expel the air. You will be able to eat after you leave unless your doctor instructs you otherwise. The findings from the examination will be explained to you and/or a family member. If a biopsy is performed, results won't be available for at least 3 days. We will call you with the results or you will receive results by mail.