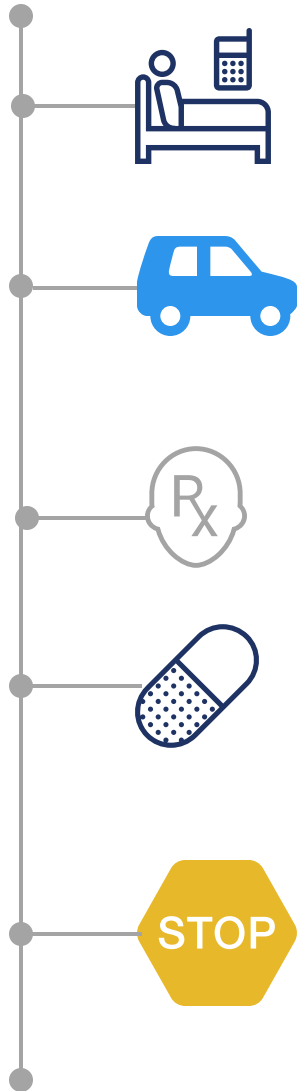


Northwest Gastroenterology Clinic

Flexible Sigmoidoscopy Preparation Instructions

One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- Arrange for a ride home from a licensed adult. By law, if you receive sedation, you may not drive for the rest of the day after your procedure. You may walk or ride public transportation with an adult escort.
- You are allowed to drive yourself if you do not receive sedation.

- Purchase two Fleet saline enemas from your pharmacy. You do not need a prescription.

- If you take blood-thinner or anti-platelet medications, (ie. Plavix, Coumadin, Pradaxa) please call our office if you have not received special instructions.
- Continue taking all other medications, unless instructed by your physician or our nursing staff.

- Stop taking: Iron pills or vitamins with iron (this is to decrease constipation)
- Stop taking: Fish oil
- Stop Eating: Whole seeds, nuts, tomatoes, berries, and any bread with seeds or nuts. You may continue to have creamy nut butters and tomato sauces.



If your procedure is at one of the hospitals, you will be contacted to schedule a COVID-19 test 3-6 days prior to your procedure. Be sure to answer your phone.

Northwest Gastroenterology Clinic

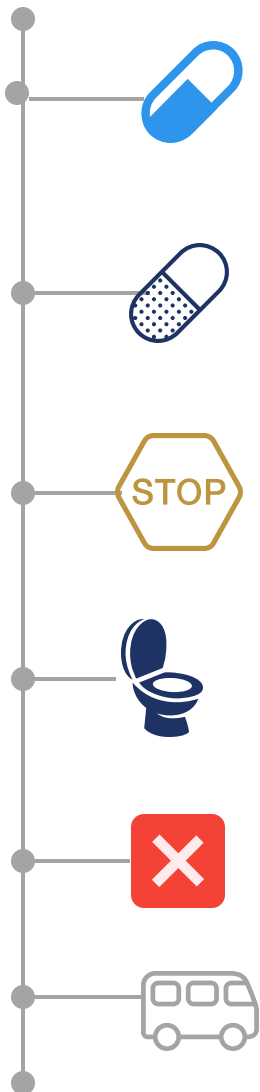
Flexible Sigmoidoscopy Preparation Instructions

1 Day Before Your Procedure

- If you take medications for diabetes, take 1/2 the dose of your diabetic medication(s) the day before your procedure.
- You will not take a dose the day of your procedure.

Day of Your Procedure





- You may take blood pressure, heart, or seizure medications the morning of your procedure. Be sure you take these at least two hours before your arrival time.
- Hold all other medications.
- If you are planning on receiving sedation, do not have anything to eat eight(8) hours prior to your procedure. Stop all liquids 2 hours prior to your arrival time.
- One hour before your arrival, administer the Fleet enemas. Allow the first one to take effect prior to administering the second.
- **DO NOT HAVE ANYTHING TO EAT OR DRINK **TWO HOURS** PRIOR TO ARRIVING. NO CHEWING GUM.**
- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.

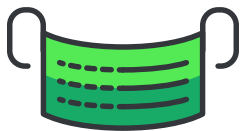


Northwest Gastroenterology Clinic

How will I know if I am ready for my procedure?

You will be ready for your procedure when:

-  You have read through and followed all of the instructions.
-  You have completed both enemas.
-  Your bowel movements are a **clear yellow fluid, like urine.**
-  You have arranged for your ride home- if you are receiving sedation. You have all of your required paperwork and have your photo id and insurance card.



COVID-19 Requirements:

- Anyone entering the facility must wear a face mask during their visit.
 - Everyone is screened for COVID-19 upon arrival.
 - Rides may not wait in the waiting room.
 - Patients scheduled at the hospital will receive a COVID test prior to their procedure.
-



Required paperwork can be found on our website:
nwgastro.net/patient-info/forms

New Patient Questionnaire
(Follow up Questionnaire if you have been seen within the last three years)
Financial Policy
Patient Rights
HIPAA Notice of Privacy

Northwest Gastroenterology Clinic

What can I expect after my procedure?

After your procedure:



- You will be taken to an area to recover when your exam is completed. You may wake up there and not remember how you got there due to the medications (sedation) you may receive.
- The doctor will come and speak with you. Again, due to the medications, you may not remember the conversation with your doctor. We will provide you with **written discharge instructions** that will include the information the doctor reviews with you, along with photos from your exam and directions for contacting the office with any questions or concerns.
- If you have any polyps removed or biopsies taken, your results will be expected to be reviewed within 7-10 days of your procedure.
- **If you are signed up for MyHealth you may have access to your results before your provider has an opportunity to review them. Our office will contact you if there are any concerns with your results. If your results are normal and you are not on Myhealth, you will receive your results by mail.**

Recovery After Receiving Sedation

For the remainder of the day after your procedure, you will follow these instructions:

- Rest for the remainder of the day. You can resume normal activity the next day.
- Resume a normal diet.
- Continue present medications- unless instructed otherwise by your doctor.
- Avoid driving, and operating any machinery and power tools.
- Avoid alcoholic beverages (including beer)
- Avoid making any important decisions or signing any legal documents
- Avoid any activity requiring alertness, good judgment, or good reflexes

Call our office, 503-229-7137, if you experience any new pain, nausea, bleeding, fever, or if you have any questions after your procedure.
