

ST. ELIZABETH PHYSICIAN ENDOSCOPY
340 Thomas More Parkway Suite 160B
Crestview Hills, Ky. 41017

ST.ELIZABETH EDGEWOOD
1 Medical Village Dr.
Edgewood, KY 41017
Outpatient Entrance

ST. ELIZABETH FT. THOMAS
85 North Grand Ave.
Ft. Thomas, KY 41071
Main Entrance

ST. ELIZABETH FLORENCE
4900 Houston Rd.
Florence, KY 41042
1A Entrance

Flex Sigmoidoscopy

Your Lower Flex Sigmoidoscopy is scheduled on: _____ with Dr. _____.

Arrival Time: _____ Scheduler's Name _____ (859)331-6466

REVIEW ALL OF THE INFORMATION PRIOR TO THE PROCEDURE. Please bring a current list of your medications.

The following instructions must be followed in order to ensure your procedure has optimal outcomes.

- **KEEP YOUR APPOINTMENT.** If for any reason, you are unable to keep your appointment, please notify us at (859) 331-6466 *within 72 hours* before your procedure.
- Sedation is not typically given for this procedure however if your physician determines sedation is needed please arrange to have a driver 18 years or older, **who must remain at the facility during your entire stay (approximately 3 hours).** You will not be allowed to drive yourself after the procedure because of sedation. **You will not be allowed to go by taxi without a responsible adult. If no responsible adult is present with you, the procedure will be cancelled.**
- **1 Day prior to your procedure:**
 1. No bran or bulking agents
 2. Begin a low-fiber diet (no corn, dried beans, tomatoes, nuts, seeds, lettuce)
 3. **4:00pm** - drink 1 bottle of Magnesium Citrate, followed by 32oz of clear liquids (Gatorade or water) over a 2 hour period.
 4. **8:00pm** – repeat 4:00pm instructions.
 5. **No solid food after midnight the day before your procedure.** However, you may have clear liquids up to 4 hours before your procedure. Clear liquids include Coffee, Tea (without cream), Gatorade, fruit juice without pulp, soft drinks, jello, sorbet/popsicles, broth, and water.
- **Day of Procedure:**
- **You will need to purchase 2 Fleet Enemas at any pharmacy. Give yourself the first enema 2 hours before your scheduled procedure time. Try to hold the water for at least 10 minutes. Give yourself the second enema 1 hour before you leave to come to your appointment.**
- Bring your insurance card and driver's license. Call your insurance carrier to verify your benefits, prior to the procedure date, to ensure coverage.
- If you have questions you may speak to a nurse between 8:30am and 5:00pm @ 859 331-6466 after 5:00 pm you will reach the physician on call. For questions the day of procedure you may speak with a nurse @ 301-2099(hospital endoscopy).
- **Due to unforeseen schedule changes, you may be asked to move your appointment time to an earlier/later time slot.**
- The center will not be responsible for any lost valuables so please leave them at home.
- Remove dark fingernail polish, facial or tongue piercings prior to procedure.
- **Medications: if you take a blood thinner (Warfarin, Coumadin, Jantoven, Xarelto or Pradaxa, Plavix, Xarelto, Brilinta, Eliquis or Effient), you should have received instructions regarding if and when to discontinue the medication. If you have not, or do not clearly understand the instructions, please call the office for clarification.(331-6466)**
Bring inhalers with you.

Take your blood pressure, heart, pain, anxiety, thyroid, and seizure medication early the morning of the procedure with sips of water if you normally take these medications in the morning.

Diabetic medications should NOT be taken the day of procedure. They may be resumed once you return home.