Procedure Locations:

- The Vancouver Clinic
  Ambulatory Surgery Center
  700 NE 87th Ave Suite 320
  Vancouver, WA 98664

- Legacy Salmon Creek Hospital
  2211 NE 139th St.
  Vancouver, WA 98686
  (2nd floor, Surgery Patient Check-in)

- Peacehealth SW Medical Center
  400 NE Mother Joseph Place
  Vancouver, WA 98664
  (5th Street entrance, Short Stay Unit)

Please call the office at (360) 397-3805 with any questions

Flexible Sigmoidoscopy Preparation Instructions

Prior to and during your procedure you will receive sedation (unless you request otherwise) through an IV. The sedation interferes with forming memories, so most patients do not even remember the procedure. You will need to arrange for an adult to bring you home from your procedure (you will not be able to drive for 24 hours after your procedure). Your procedure will be postponed if you do not have a driver who is over 18 years of age present. Taxis, Uber, Lyft and public transportation is not allowed unless you have an adult traveling with you. Medical transport is an option.

Your physician will discuss any findings of your procedure with you in the recovery room. If biopsies are taken or polyps removed, you will receive a letter or MyChart message in 2-3 weeks detailing the final results and recommendations. If your results require a change in your current treatment plan, you may receive a phone call from the office.

We make every effort to keep your appointment at the scheduled time, however unexpected delays may occur and your wait time may be prolonged. Please note that you may be asked to come in earlier than your scheduled appointment time to accommodate changes that occur in the schedule. We give each patient the attention needed for his or her procedure and appreciate your flexibility.

Please review the following information if you are diabetic or take any of the following medications: Coumadin, Plavix, Effient, or any other anticoagulants:

**Diabetes:**
Check with your health care provider who manages your diabetes if you have questions.

**On the day before the procedure:**
- TAKE YOUR DIABETES PILLS AS PRESCRIBED
• REDUCE YOUR EVENING DOSE OF LONG ACTING INSULIN BY ONE HALF.

On the day of the procedure:
• DO NOT TAKE ANY DIABETES PILLS
• DO NOT TAKE ANY LONG LASTING INSULIN
• DO NOT TAKE ANY SHORT ACTING INSULIN UNLESS YOU ARE USING A SLIDING SCALE

Coumadin, Plavix, Effient and other anticoagulants:
If you have been instructed by your gastroenterologist to discontinue your anticoagulant, please ask the physician who prescribed your medication how to take it before and after your procedure. *Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.* If you cannot contact your physician, call us at least 7 days before your exam.

CONTINUE TO TAKE YOUR OTHER PRESCRIBED MEDICATIONS (such as heart or blood pressure medications) AS USUAL. If you have any questions about your medications, please contact the prescribing physician.

If you are receiving sedation you must have nothing to eat for 6 hours prior to your procedure, however you may have clear liquids until 2 hours prior.

If you are NOT receiving sedation, you may eat and drink normally before your procedure.

You will need to purchase one Fleet enema and one enema/douche kit. These are both available at your pharmacy in the laxative section.

On the day of your procedure:

90 minutes prior to your procedure, administer one Fleet enema following the directions on the package. Try to retain the solution for at least 10-15 minutes before allowing it to pass.

60 minutes prior to your procedure, administer a tap water enema. Again, try to retain the water for 10-15 minutes. There will be less stool, possibly only liquid passed after this dose.

*If both enemas are not successful in clearing your rectum of stool, you may need to administer one upon arrival prior to your procedure.*

Arrive at your scheduled time and bring an adult driver to take you home after the procedure if you are receiving sedation.

DO NOT wear jewelry or bring valuables.