

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

PATIENT: _____ ARRIVAL TIME: _____

DATE: _____ PROCEDURE TIME: _____

BOWEL CLEANSING AGENTS

These are to be purchased over the counter at a drugstore, pharmacy or grocery store

1. TWO 4.5 FLUID OUNCE FLEET'S SALINE ENEMAS



5 DAYS PRIOR TO PROCEDURE

STOP:

1. Fiber supplements
2. Medications containing iron

CONTINUE:

1. Aspirin (81 or 325 mg)
2. NSAIDS (Ibuprofen, Naproxen, Advil, Aleve, Motrin)

BLOOD THINNING MEDICATIONS

STOP 5 DAYS PRIOR: 1. PLAVIX (COPIDOGREL) 2. EFFIENT (PRASUGREL) 3. TICLID (TICLOPIDINE)	STOP 2 DAYS PRIOR: 1. XARELTO (RIVAROXABAN) 2. ELIQUIS (APIXABAN) 3. PRADAXA (DABIGATRAN)	COUMADIN (WARFARIN): Instructions to be given by anti-coagulation or Coumadin clinic or prescribing physician
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DAY OF YOUR PROCEDURE

MORNING OF PROCEDURE

- Do not take any of your usual diabetic medications. You can take these afterwards.

3 HOURS BEFORE YOUR PROCEDURE TIME

- NO EATING/DRINKING/CHEWING GUM/SUCKING ON HARD CANDY
- NOTHING BY MOUTH NOT EVEN WATER

2 HOURS PRIOR TO YOUR PROCEDURE

- Insert the 1st enema and hold for 5 minutes and then release into toilet
- Repeat immediately with the 2nd enema

WAVERLEY SURGERY CENTER

Your procedure will be performed at an outpatient surgery center:

- Waverley Surgery Center 400 Forest Avenue, Palo Alto, CA 94301.
Phone: (650) 324-0600 Fax: (650) 289-1620. <https://waverleysurgery.com/>
- **PLEASE ARRIVE 1 HOUR BEFORE YOUR SCHEDULED PROCEDURE TIME.** This time is allotted for check-in, review of medical history and placement of IV
- Your entire stay will be between 2-4 hours

You will need to have a ride home from the surgery center if you choose to have conscious sedation. This person should be known to you and by law has to be 18 years old. Taxis, trains, Ride sharing services (UBER/LYFT) are acceptable only if you are accompanied by an adult who you know. You cannot leave by yourself or drive yourself unless you choose to have NO MEDICATIONS FOR THE PROCEDURE.

What to expect upon arrival for your procedure

- Prior to the procedure, a nurse will ask you questions to ensure that you understand the procedure and the reason for it and to ensure that you prepared properly for it. Drs. Kwan, Chan or Nguyen will also review the procedure with you.
- The nurse will start an intravenous line to administer medications. The intravenous line is similar to having blood drawn. Your vital signs (blood pressure, heart rate, oxygen saturation) will be monitored closely before, during and after the procedure.
- The sigmoidoscopy will be performed while you are lying on your left side. Medications to help you relax (sedative) and narcotic (to help with discomfort) will be administered intravenously if you choose to have conscious sedation. Some people sleep during the examination, while others are very relaxed, comfortable and awake. This is NOT general anesthesia. This is CONSCIOUS SEDATION.
- You may also choose to have no sedation administered for the procedures in which case you are allowed to drive yourself home. Common sensations can include bloating, cramping and intestinal spasms.

After the procedure

- Rest for the remainder of the day for your health and safety.
- Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.
- Some bloating, gas or mild cramping is normal and should diminish.
- At the conclusion of your procedure, you will receive specific information about findings, post- procedure instructions and precautions

FINANCIAL AND COST INFORMATION

1. There are multiple potential costs associated with a sigmoidoscopy procedure
 - Professional Fee: This is the doctor's fee for performing a colonoscopy. This amount can vary depending on if biopsies/polyps are removed.

- Facility Fee: This is the cost of having a procedure at a hospital or surgery center. Depending on your insurance, you may be subject to a co-insurance/co-pay.
 - Pathology Fee: If biopsies are performed or polyps are removed, they are sent to Stanford for analysis and there are fees associated with processing and analyzing the specimens.
2. If you wish to obtain a rough estimate of financial responsibility, you will need to contact your insurance company and provide them with the following information:
- Diagnostic colonoscopy procedure CPT 45378
 - Waverley surgery center
3. BILLING CONTACT
- Menlo clinic/Stanford Health care: 1-888-924-1036
 - Waverley Surgery Center: 650-324-0600