Outpatient Flexible Sigmoidoscopy (Flex Sig) Instructions

| Your procedure is scheduled for _______________, _______________. |
| Please arrive at _______am/pm in order to register prior to the exam. |
| Plan to spend 1 hour in the GI Lab from start to finish (2 1/2 hours if you are sedated). |

Diagnosis: _______________________________________________________________________

Please read carefully all the instructions TODAY and at least one week before your procedure and follow the instructions exactly. Failure to do so may result in the need to reschedule your procedure. If you have questions please call 312-695-4452 Monday – Friday, 8:00 am – 4:00 pm. After hours, we can be reached at 773-884-2760. If you need to cancel, you must call with at least 2 business days notice in order to avoid a “no show” fee.

ABOUT THE FLEXIBLE SIGMOIDOSCOPY

This procedure is an endoscopic examination of the left side of your colon by a physician. A thin, flexible tube with a video camera at the tip is used to examine the colon. If necessary, a small piece of tissue (biopsy) can be removed for further examination under a microscope. If a polyp is found, you may need to be rescheduled for a complete colonoscopy in order to remove it. The test will take approximately 15-20 minutes to complete. Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure. This test is usually performed with no anesthesia, but I.V. sedation can be given if special arrangements are made ahead of time (see below).

IF IV SEDATION IS USED FOR THE PROCEDURE:

- You may not drive, operate machinery, make important decisions, or return to work for the remainder of the day following your procedure. You may resume normal activities the next day unless the doctor states otherwise.
- You must have a responsible adult to accompany you home after the procedure. This person must pick you up in the GI Lab. If you have another Doctor’s appointment or any other testing at Northwestern Memorial Hospital after your GI Lab procedure, a responsible adult must escort you out of the GI Lab and to your appointment.
- You may not walk, take a taxi, or any public transportation home unless you are accompanied by a responsible adult.
- If our staff cannot confirm that you have made safe plans for discharge after your procedure, your procedure will be cancelled.
- If you will need assistance getting home after your GI Lab procedure, you can arrange a ride home with Illinois Medi Car through Superior Ambulance Company by calling 312-926-5988 or 312-832-2000. The service area from the hospital is North to 5600 Bryn Mawr Ave, West to 2400 Western Ave, and South to 47th St. If you have made Illinois Medi Car arrangements for your discharge home, please inform the GI Lab staff on the day of your procedure.
It is your responsibility to check with your insurance company to see if they require authorization prior to performing the procedure, and if required you must forward any insurance forms to our office. You should also double check that both Dr. Cohen and Northwestern Memorial Hospital are in your insurance network. If your insurance company requires you to have a referral for your procedure, please bring it with you on the day of your procedure.

REMINDER
You need to purchase your 3 Fleet enemas. This item is available at your local pharmacy or can be purchased in the hospital pharmacy.

ONE WEEK BEFORE YOUR SIGMOIDOSCOPY
For best outcome, avoid eating foods that contain seeds, nuts, hulls, berries, or kernels (such as popcorn, poppy seeds, tomatoes, cucumbers, etc.). However, this instruction is not critical.

DAY BEFORE YOUR SIGMOIDOSCOPY
1. On the evening before the test, eat a clear liquid supper. Clear liquids include water, black coffee, tea with sugar, clear broth, bouillon, and clear juices such as apple or cranberry juice (no juices which contain pulp), ices, popsicles, and plain jello.
2. Before going to bed, give yourself one Fleet enema. Please follow the instructions on the box. It is important to try and hold the fluid for at least 10 minutes before emptying your bowel.

DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY
1. On the morning of the examination, one or two hours before your appointment, give yourself the 2 remaining Fleet enemas. Take one, holding the fluid for at least 10 minutes. Expel the fluid and stool and repeat the process with the final enema. It is important to retain the fluid for 10 minutes to allow the bowel to be cleansed.
2. Eat a clear liquid breakfast. If your appointment is in the afternoon, you may continue on clear liquids until your appointment time.
3. Medications: You may take any early morning medications. If you take insulin, please check with your doctor about dosage adjustment for the day before the procedure and the day of the procedure. Please check your blood sugar at home before coming for the test.
4. After arriving at the hospital, make one more attempt to empty your bowel.

WHAT TO EXPECT ON THE DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY
• You may brush your teeth, but do not swallow any water.
• You may take your usual medications with small sips of water. If you use inhalers, prescription eye drops or nasal sprays, you may take them as you would normally and then bring them with you.
• Please bring your completed GI LAB PATIENT QUESTIONNAIRE and MEDICATION LIST with you (see the last 3 pages of these instructions).
• If you have a colostomy or ileostomy, please bring an extra set of stoma supplies (flange, pouch, etc.) so that your stoma pouch can be replaced following the procedure.
• Wear comfortable clothing that is easy to remove and leave jewelry and any other valuables at home.
• Please limit your visitors to 1 or 2 friends or family members. Please speak with one of the GI Lab staff members if you have a special circumstance or request.
• Parking is available in the Lavin Family Pavilion and can be accessed from either Erie Street or Ontario Street. Remember to bring your parking ticket with you for validation.
• Report to the GI Lab on the 16th Floor of the Lavin Family Pavilion to check in at the registration desk at the arrival time scheduled by your Doctor’s office.
• You will be required to show a photo ID, verify insurance information, address, phone number, and e-mail address.
• If you are concerned that you have been waiting too long after you have checked in, please speak to the front desk staff or a GI Lab staff member.
• You will be brought into the GI Lab where a nurse will review your medical history, current medication list, and that you have taken your preparation appropriately. You will be asked to put on a hospital gown. An intravenous line (IV) will be started for your sedation during the procedure. If you are female, you will be offered a free pregnancy test prior to the procedure, per hospital policy. If you have a history of falling or fainting, please tell the nurse before the IV is placed.

You may be waiting in a gowned waiting room prior to your procedure with other patients. There are many doctors that perform procedures in the GI Lab and many patients that are having a variety of procedures. If you have any concerns about a delay or your exact procedure time, please speak with one of the GI Lab staff members.

• During the procedure, your heart rate, blood pressure and oxygen level will be monitored.
• You will be required to sign a consent form with the doctor prior to your procedure.
• When your procedure is done, you will remain in the recovery room for at least 1 hour (only if sedation is used – otherwise you will be discharged shortly after the procedure).
• You may experience effects from the sedation, such as being tired and forgetful, for a few hours after your procedure.
• The recovery room nurse will review what you should expect to feel for the remainder of the day. This includes feeling some gas pain.
• After the procedure, you will receive preliminary results and follow-up instructions.
• When you leave the GI Lab, please remember to take all of your belongings and your discharge instructions.
• About 3 days after your procedure, you will receive a patient satisfaction form via e-mail. Please complete this, as your feedback is valuable to our operation.

Please let us know if you will require special assistance while you are in the GI Lab for your procedure. This includes having difficulty with starting IV’s, requiring a language interpreter, requiring assistance with walking, changing clothing, or any other special request please contact the GI LAB Clinical Coordinator at 312-926-7614.
GI LAB PATIENT QUESTIONNAIRE

Refer to Reminder below before completing this form. Thank you for choosing Northwestern Memorial Hospital for your GI Lab procedure. Please fill out this form and bring it with you the day of the procedure. Please answer each question. This allows us to provide you with the best possible care. (Please print)

Patient Name ___________________________ Date of Birth ___________ Date of Procedure ___________

Name of Primary Care Physician ___________________________ Fax Number ___________

Address ___________________________ Phone Number ___________

Procedure and Related Information:  * Procedure normally requires sedation

☐ Flexible Sigmoidoscopy
☐ Colonoscopy*
☐ Upper Endoscopy (EGD)*
☐ Endoscopic Ultrasound/Fine Needle Aspiration*
☐ Other ___________________________

Reason for visit? ___________________________

Please list the date of your last colonoscopy ___________________________ (Month) ___________ (Year)

Please list the date of your last upper endoscopy (EGD) ___________________________

When was the last time you ate solid food? Date ___________ Time ___________

When was the last time you drank liquid? Date ___________ Time ___________

If your test required a bowel preparation, what preparation did you take? ___________________________

Did you complete the preparation? ☐ Yes ☐ No—how much did you complete? ___________________________

On the day of your procedure, will you have any of the following: (Please circle) Dentures, Removable Bridgework, Glasses, Hearing Aide, Walker, Cane, Wheelchair, Prosthetics, Other ___________________________

Family/Friends/Transportation:

Who will be waiting for you during the procedure and/or taking you home afterwards?

Name ___________________________ Relationship ___________________________

Daytime contact number(s) ___________________________ Date ___________ Time ___________

Verified by Admitting Nurse ___________________________ Date ___________ Time ___________

Reminder: Per NMH Policy, after receiving any amount of sedation, you MUST have a responsible adult accompany you home after your procedure. You will not be discharged for any reason without an escort.

• If the admitting staff cannot verify your ride home, your procedure will be cancelled.
• You may not walk or take a cab/Uber/CTA home.
• You may not leave the GI Lab unaccompanied for any other appointments you have within NMH.

If your home is within the set service area of Superior Ambulance Company, you may make arrangements for them to take you home for an additional fee (contact Superior for pricing). If you would like to arrange this service, please call 312.926.5988 to make arrangements. Payment will be required at the time of service.

Complete both sides of form
Do you take?

YES  NO
☐  ☐ Sleeping or Anti-anxiety Medications, Sedatives
☐  ☐ Aspirin or Non-steroidal Anti-inflammatory Drugs
☐  ☐ Prescribed Anticoagulants, Blood Thinners
     Last Dose Taken (Date _____________  Time ___________ )
☐  ☐ Insulin or pills to control your blood sugar

Past/Present History:

YES  NO
☐  ☐ Are you currently experiencing pain? __________________________ Location __________________________
     Please rate your pain—0 (no pain) to 10 (worst pain) __________________________
☐  ☐ Have you or has anyone in your family ever had reactions to the medications given to you during any procedures or surgery? __________________________
     Please describe __________________________
☐  ☐ Allergies (such as drug, food, latex): Please list __________________________ Reaction __________________________
☐  ☐ Have you experienced a fall in the last 12 months? Please describe __________________________
☐  ☐ Have you ever fainted, felt dizzy or nauseous after having your blood drawn or an IV started? __________________________
☐  ☐ Diabetes: If yes, do you take insulin or pills? __________________________
     Did you take your blood sugar level the day of your procedure? __________________________
     Time taken and results __________________________
☐  ☐ High blood pressure: Is your blood pressure controlled by medication? __________________________
☐  ☐ Do you take antibiotics prior to medical or dental procedures? Antibiotic and dose __________________________
☐  ☐ Heart problems __________________________
☐  ☐ Heart pacemaker, implanted cardiac defibrillator __________________________
☐  ☐ Lung disease: (such as Asthma, Emphysema) __________________________
☐  ☐ Sleep apnea __________________________
☐  ☐ Cancer – Location __________________________
☐  ☐ Kidney disease __________________________
☐  ☐ Neurological problems: (such as seizures) __________________________
☐  ☐ Gastrointestinal disease or symptoms: (such as reflux, Crohn's Disease, ulcerative colitis) __________________________
☐  ☐ Liver disease: (such as cirrhosis, hepatitis) __________________________
☐  ☐ Glaucoma __________________________
☐  ☐ I smoke/use tobacco products. If NO: Do you have a history of use? (circle one) YES / NO
     If YES or HISTORY: Amount per day _____________ For how many years _____________
☐  ☐ Alcohol/substance use: How much per day? _____________ Last drink _____________
☐  ☐ Have you had a hysterectomy? __________________________
     For women ages 12–50, when was the first day of your last menstrual period? __________________________
☐  ☐ Are you pregnant or trying to become pregnant? __________________________
☐  ☐ Is there a possibility that you might be pregnant? __________________________
☐  ☐ Other (such as arthritis, blood disorders, HIV, infectious diseases, breast feeding) __________________________
☐  ☐ Do you follow a special diet for medical reasons? (For example, gluten-free) __________________________

Please list your surgeries __________________________

Patient Signature __________________________  Date _____________  Time _____________
Signature of Admitting Nurse __________________________  Date _____________  Time _____________
Reviewed by Physician Signature __________________________  Date _____________  Time _____________
Dear Patient,

Please complete the Allergies and Medication sections. A staff member will review this list with you if there are any questions. If you have questions about medications NOT prescribed during today’s visit, please contact your primary care physician.

**ALLERGIES:**  
☐ None (check the box if you do not have any allergies)

<table>
<thead>
<tr>
<th>Source</th>
<th>Reaction</th>
<th>Source</th>
<th>Reaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Penicillin</td>
<td>Hives</td>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td>5.</td>
<td></td>
</tr>
</tbody>
</table>

**MEDICATIONS:**  
☐ None (check the box if you do not take any medications, vitamins, herbals, etc)

<table>
<thead>
<tr>
<th>DRUG</th>
<th>STRENGTH</th>
<th>DOSE/DOSAGE FORM</th>
<th>FREQUENCY</th>
<th>ROUTE</th>
<th>LAST DOSE TAKEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. Cardizem CD</td>
<td>180 mg</td>
<td>1 capsule</td>
<td>once a day</td>
<td>by mouth</td>
<td>9 pm last night</td>
</tr>
</tbody>
</table>

**INSTRUCTIONS:**

**Staff:** If, during this visit, the patient was prescribed a new medication for a chronic disease/condition or a change was made to the at-home medication regimen for a chronic disease/condition, complete the patient instructions portion below, instruct the patient regarding additions and/or changes, and provide the patient with a photocopy of this document. After completion, check box below, and file.

☐ Medication instructions were reviewed with the patient. The patient received a photocopy of this medication list.

**Patient: START/RE-START taking this at-home medication(s):**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Medication is prescribed for:</th>
<th>Take this Medication at this Strength:</th>
<th>At this Dose/Dose Form:</th>
<th>How often: (Frequency)</th>
<th>Route:</th>
<th>Start taking this Medication on:</th>
<th>Date, if any, you should stop taking this medication:</th>
</tr>
</thead>
</table>

**Patient: STOP taking this at-home medication:**

STOP taking this Medication at this Strength, Dose/Dose Form, and Frequency:

STOP taking this Medication on: / /  

Additional Comments: