

Sigmoidoscopy Prep

****Please read through this entire document completely to ensure you have all important information regarding your procedure****

****Important notices****

-Arrival time is 1 hour before procedure time.

- It is the responsibility of the patient to ensure we are within your insurance network. Please call the number on the back of your insurance card to verify insurance coverage prior to your appointment to avoid receiving an unplanned bill amount.

- Please note that we require 48 hour notice for cancellation and rescheduling. Appointment changes made within 48 hours notice may be subject to cancellation fees.

- You will be receiving an email/text prior to your appointment date to complete your registration. Please complete this PRIOR to your appointment time to decrease wait time at check-in.

- Be sure you have a driver as well as a responsible adult to be with you for 24 hours after your appointment. We cannot accept Uber/Lyft or other non-medical ride share/taxi services as an acceptable form of transportation. If you come to your appointment without acceptable transportation; your appointment WILL be canceled.

- Balances and Co-pays are due at time of check in; if we are unable to collect payment, your appointment may be canceled.

- If you have a remaining deductible with insurance, you may receive a call from our business office to inform you of the amount due. This MUST be taken care of at check-in time the day of your appointment.

In Preparation:

1. Buy at any pharmacy or local grocery store (Walmart, Target, etc.)
 - a) 2 fleet enemas
 - b) 4 Dulcolax (Bisacodyl) Laxative - 5 mg tablets
2. Stop taking iron one week before the day of your procedure.
3. If taking a blood thinning medication; typically, we like Coumadin (Warfarin) and Plavix (Clopidogrel) to be stopped 5 days prior to procedure. Eliquis, Xarelto, and Pradaxa are held 2 days prior to procedure. If you are on Coumadin or Warfarin, an INR will be checked prior to your procedure at the facility.
4. Do not take Aspirin the day of your procedure.
5. Hold injectable weight loss or diabetic medications such as Wegovy, Mounjaro, Ozempic, etc. 1 week prior to procedure.

1 Day Before Procedure:

Begin Clear liquid diet (the ENTIRE day) *NO SOLID FOOD*****

1. Examples of a Clear Liquid Diet:
 - a) Water: drink at least 8 glasses of water during the day
 - b) Clear broth or bouillon

- c) Gatorade®, Pedialyte® or PowerAde® (No red or purple)
 - d) Carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Ginger ale)
 - e) Strained fruit juices without pulp (apple, white grape, white cranberry)
 - f) Jell-O®, popsicles, hard candy (No red or purple)
 - g) ****No red/purple liquids; No alcohol; No dairy products or creamer.****
2. Between 3:00pm and 6:00pm take all 4 Dulcolax tablets.

Day of Procedure:

No chewing tobacco, gum, mints, candy etc.

1. Stop drinking all clear liquids 6 hours prior to your procedure.
2. You may take necessary medications 4 hours prior to your procedure with a small sip of water.
3. **2 hours prior to procedure** give yourself the 1st fleet enema.
4. **1 hour prior to procedure** give yourself the 2nd fleet enema.
5. Arrive for your procedure at the scheduled **ARRIVAL** time – unless you were unable to complete online pre-registration. **Bring** a list of your current medications, your insurance card(s), and your drivers license; or your procedure may be canceled.
6. Your driver is welcome to come in and wait with you until you are taken to the intake area, once you are taken back your driver may leave at any time. A nurse will call your driver when you are in recovery. Inform your driver they should check in at the front desk once they receive the call. They will be escorted back to you.
7. You **CANNOT** drive a car, take a taxi, Lyft, Uber, or bus home. Your procedure will be canceled and rescheduled for a later date if this is not prearranged.
8. ***If accompanying a minor you must stay in the facility the whole time of the appointment***
9. You can expect to be in recovery for around 30 – 45 minutes. Expect to feel a little groggy after your procedure.
10. Plan to be at the surgery center for 2-3 hours. ***Wait times may vary***

You will be provided with discharge instructions prior to departure.



**Please call us at 952-368-3800 for any questions
before or after your procedure.**

Bhatti Surgery Center:
1447 White Oak Dr, Chaska MN 55318
(First door closest to the entrance of the parking lot)

Southdale Specialty Surgical Center:
6500 Barrie Rd. (Level 3) Edina MN, 55435
(park in level 1 parking ramp – entrance in far right corner)

****Note: We try our best to keep your scheduled time; however, there may be a situation when we may need to change your procedure time; wait times may also vary. We try our best to stay on schedule for all patients, however we cannot anticipate if some patients may need more treatment than others. Please be patient with our reception and nursing staff as wait times may vary.**

PREP CHECKLIST:

	Buy the materials: 4 Dulcolax tablets (over-the-counter) 2 fleet enemas (over-the-counter)
	Call your insurance to verify Bhatti GI Consultants is within network
	Set up a driver
	Watch for pre-call from nursing to discuss medical history and procedure information