

**PATIENT INFORMATION AND INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY**

Physician \_\_\_\_\_ Procedure Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Your procedure will be performed at the  
**Lexington Clinic Endoscopy and Surgical Center, Suite 200**  
**1225 South Broadway, Lexington, KY 40504**

*(The brick building has a green roof and is located behind the main Lexington Clinic location)*

Please review all information and instructions as soon as possible after receiving your packet. If you have questions, please call the appropriate number listed below, Monday - Friday, between 8:00 a.m. and 4:30 p.m.

**General questions:** *Lexington Clinic Gastroenterology Department, 859.258.4950*

**Financial questions:** *Lexington Clinic Billing Office, 859.258.4045*

**Procedure questions:** *Endoscopy and Surgical Center Nursing Staff, 859.258.4289*

A nurse will contact you 1-2 days prior to your procedure to review your instructions and medical information. If you are not available by phone or you do not have voice mail, please call the Endoscopy and Surgical Center nursing staff at least 24 hours prior to your procedure to receive instructions.

**GENERAL INSTRUCTIONS\***

*\*If you have a history of congestive heart failure, renal disease, kidney disease or you are on diuretics, ACE inhibitors or ARBs, (common blood pressure medications) DO NOT follow these instructions. Instead, please call the Gastroenterology Department at 859.258.4950 for alternative preparation.*

- If you are taking aspirin or aspirin-like products (Advil, Motrin, Ibuprofen, Excedrin or Aleve) please talk to your prescribing physician and ask when, or if, you should stop taking it. If your physician has prescribed aspirin to prevent stroke or heart attack it may be recommended that you continue your medication. Please contact your prescribing physician for more information.
- If you are using blood thinners such as Coumadin, Heparin, Plavix, Effient, Ticlid, Xarelto, Paradaxa or Brilinta, please call your prescribing physician **at least seven (7) days prior** to your procedure for instructions regarding possible dosing changes.
- If you will be sedated or use anesthesia for the procedure you **MUST** have a driver available to wait in the surgery center during the procedure and stay with you for 24 hours following your procedure.

**One (1) day before your procedure**

- You may eat your regular evening meal.
- After your evening meal you will need to drink one (1) bottle of Magnesium Citrate between 6:00 p.m. and 9:00 p.m. You may pour it over ice and you must drink it completely.
- You may have clear liquids only the rest of the evening and the day of your exam. **DO NOT** eat anything after drinking the Magnesium Citrate.

**Day of your procedure**

- Take one (1) Fleet Enema approximately one (1) hour before leaving for your exam. **DO NOT** take the enema if you have kidney disease, heart failure or are on certain medications.
- Bring a list of all medications you are currently taking along with the correct strengths and dosages.