

# **Instructions for Flexible Sigmoidoscopy**

Procedure Date: \_\_\_\_\_ Check in Time: \_\_\_\_\_

**\*\*\*Cancel 72 hours in advance to avoid any fees\*\*\***

## **Day of your procedure:**

You will need to purchase **TWO** Fleet Enemas from the pharmacy. The **FIRST enema** should be used approximately two to three hours prior to your check-in time followed by the **SECOND enema** thirty minutes later.

- If your procedure is scheduled for the morning, please do not eat or drink anything after midnight the night before.
- If your procedure is scheduled for the afternoon, you may have clear liquids (see below) up to 2 hours before the procedure. **(4 hours before your procedure if you are going to be sedated)**

**Clear liquids:** Gatorade/sports drinks/Pedialyte, soft drinks, strained fruit juices without pulp (apple, white grape, orange, lemonade), fruit flavored drinks (e.g., Crystal Light), water, tea, coffee (without milk or milk products, including non-dairy creamer). **NO** dairy products, smoothies or shakes.

**If** you are going to be sedated during the exam you will need a responsible adult to drive you home. Taxis and buses are **NOT** acceptable forms of transportation. The driver must go to Suite 980 to sign you out before you can be discharged. Plan to be at the facility for about two hours.

If you do not have a driver to pick you up from your procedure below is a service that can assist you. Please call-in advance to check their fees and schedule a pick up.

All Care Home Service (619) 297-9601

## **Billing Information:**

You may receive a call up to a week before your procedure from the endoscopy's billing department, (844) 210-6742, to verify insurance benefits and to provide you the amount of upfront collections that are to be paid on the day of your procedure if any. You may call them directly if you don't receive a call.

Physician charges are separate from facility charges. If biopsies are taken, you may also receive an additional bill from the pathologist. You will need to call your insurance for physician coverage and benefits.

Should you have any questions, please call **(858) 453-5200**