

About flexible sigmoidoscopy

Flexible sigmoidoscopy allows your doctor to examine the lining of your rectum and a portion of your large intestine by inserting a thin, flexible tube into the anus and advancing it into the rectum and lower part of the colon. Biopsies may also be taken.

Get Ready for your procedure with GetWell Loop

We use Northern Light Health's GetWell Loop to stay connected before and after your procedure. This tool provides you with checklists to help make sure you're ready for the day of your procedure. It also keeps your healthcare team up to date on your recovery. Skip the phone call and confirm your procedure, get your arrival time, and get your questions answered through this interactive tool!

Planning for other medical conditions

A registered nurse will call you prior to your procedure to go over your health history and medications.



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French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.
Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 1-888-986-6341 (TTY: 711)

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Eastern Maine Medical Center

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Preparing for your flexible sigmoidoscopy

We want to make you as comfortable as possible during your flexible sigmoidoscopy. We know it can be difficult, and we want to make sure you are prepared to have the best results. Here is a helpful guide to get ready for your procedure.

You have been scheduled for a flexible sigmoidoscopy with:

Physician name

There are circumstances in which your physician may change on the day of your procedure.

Date _____

Arrival times are given seven days before your procedure. Any time given to you before that point is subject to change.

If you have any question or concerns, please call us! Your procedure is scheduled through:

- Gastroenterology** - 207.973.4266, Option 2
- Surgical Specialists** - 207.973.8881

Location for your flexible sigmoidoscopy

Please arrive at **Northern Light Endoscopy**, located on the third floor of the Kagan Parking Garage, 489 State Street, Bangor, ME 04401.

Instructions and preparation

Please follow these instructions carefully to avoid having to reschedule your appointment.

Five Days Before Your Procedure

- Purchase the following from your pharmacy:**
 - Two fleet enemas
 - Assorted clear liquids

- Stop taking the following:**
 - Ibuprofen, Advil or any other NSAID (non-steroidal anti-inflammatory drug).
 - Fish Oil
 - Pepto Bismol
 - Iron supplements or multivitamins with iron
 - Fiber supplements
 - Foods with seeds or nuts including strawberries, tomatoes, and bananas

You may remain on: 81 mg of aspirin.



If you have questions about these instructions, please call your scheduler.

Please contact your prescribing provider if you:

- Take Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- Have diabetes and use any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.

One Day Before Your Procedure

- Do not eat or drink solid foods.** Drink clear liquids only (nothing red, blue, or purple). **Clear liquids include:**
 - Water
 - Popsicles
 - Clear fruit juices such as apple or white grape
 - Coffee or tea without cream or dairy
 - Gatorade
 - Soft drinks, lemonade, ice tea, and Crystal Light
 - Plain flavored Jello (not red, blue, or purple)
 - Bouillon
- At 6 pm**
 - Take One Fleet Enema

The Day Of Your Procedure

- Do NOT eat solid foods.** Stop all liquids two hours before your arrival time.
- Two hours before your scheduled procedure**
 - Take ONE Fleet Enema

Please remember

- Arrive at the time provided to you during your confirmation call.
- Have a responsible adult driver to take you home and stay with you.

Plan ahead! Who will your support person be?

Please arrange for someone to come in with you, receive discharge instructions, and sign you out. They will also need to drive you home. We highly recommend someone stay with you for 24 hours after your procedure.