

Your Flexible Sigmoidoscopy

What to Expect

What is a Flex Sig

A flexible sigmoidoscopy examination is a procedure using a lighted tube to visualize, or look in to the lower bowel. This exam is done for several reasons, including:

- As a part of a physical examination
- For evaluation and diagnosis of rectal pain or bleeding
- For evaluation and diagnosis of prolonged diarrhea, mucus, or blood in stools
- Inspection for polyps or tumors of the lower bowel

Driver Needed

Be aware that you will be given medication that will make you drowsy. Therefore **you will not be allowed to drive yourself home**, and you must have a responsible adult with you upon discharge. It is important to have your driver remain at the Center during the procedure so the

physician will have someone to speak to after the procedure is finished. If your driver is unable to stay with you, staff will call your driver to verify their availability. We will not be able to proceed with the procedure if we are unable to contact your driver. If you need help arranging medical transportation services, please contact the Digestive Health Center prior to your appointment.

You should NOT operate machinery, drink alcoholic beverages or make critical decisions for 12 hours after sedation. We encourage you to rest the remainder of the day.

Plan to be at the Digestive Health Center for a total of 2½-3 hours.

Pre-procedure Questions and Communication

If you have any questions about your procedure, nurses are available between 8 am to 5 pm (M-F). You may contact us at 1-877-229-7575 or 608-229-7575 option 2 for nursing.

SSM Health will provide appropriate communication aids and services to patients and their families with limited English proficiency in accordance with applicable State and Federal Regulations, and at no cost to the individual.

Medication Restrictions

- **PLEASE CONTACT THE PRESCRIBING PHYSICIAN FOR ANY BLOOD-THINNERS OR INSULIN MEDICATIONS.**

Blood-thinners/Antiplatelet medications

such as *Coumadin, Warfarin, Xarelto, Eliquis, Pradaxa, Effient, or Brilinta* need to be held prior to the procedure to decrease bleeding risk.

Insulin needs to be adjusted prior to the procedure because you will not be able to eat.

- **Oral Diabetic medications:** HOLD the evening and morning doses.
- If your blood sugar gets low, you will need to treat it with clear fruit juice or hard candy immediately. Please contact us if this happens.
- GLP-1 medications such as Ozempic, Wegovy, Semaglutide, need to be held the day of procedure.
- Stop iron, fish oil and other seed oil supplements three days prior to the exam.
- **Blood pressure medication:** needs to be taken when you normally take your medication in the morning or evening. Do not hold your blood pressure medications.

Insurance

Please contact your insurance company prior to receiving services to guarantee insurance coverage requirements are met. The number will be on your insurance ID card. Note: final diagnosis will not be available until your procedure is complete.

Diet Information

- DO NOT **EAT** ANYTHING AFTER MIDNIGHT.
- DO NOT **DRINK** ANYTHING AFTER MIDNIGHT. If your arrival time is after 11am, you may drink clear liquids up to 8am.
- Take your morning prescription medications with a small sip of water.

Clear liquids include: Water, fruit juice without pulp (apple, white grape), clear broth, coffee or tea (without milk or creamer), 7-UP, Sprite, Gatorade and popsicles. **AVOID** liquids that are RED, PURPLE or BLUE in color

Bowel Prep

Prior to your examination your bowels must be cleansed. Please go to your local pharmacy and purchase one over-the-counter **Fleets enema**. You will need to give yourself one enema, one hour before leaving for your appointment. The instructions for using the enema are on the package. If you are unable to administer the enema yourself, arrange for a family member to help you.

Day of Exam

- The receptionist will ask for your insurance card, including Medicare card, and a photo ID. Remember your reading glasses.
- After you are registered the admission staff will prepare you for your procedure.
- The physician will review the risks, benefits and alternatives to the procedure and answer any questions.
- Please be aware that there may be delays due to unpredictable situations. Your patience is appreciated.

What To Know About Sedation

- Once you are in the procedure room, devices will be attached that monitor your oxygen, breathing, and heart rate throughout the procedure.
- You will then be given small doses of medication through your IV.
- The goal of sedation is to keep you safe and comfortable throughout the procedure.
- Not all patients will be 'knocked out' for the procedure or remain asleep for the entire length of the procedure.
- **It is okay to remember parts of the procedure.**
- Our ultimate goal is your overall safety!

Recovery

- Following the procedure you will be taken back to your pre-op room, where a recovery nurse will continue to monitor your vital signs.
- When you are awake you will be given something to drink. You may resume your normal diet unless otherwise instructed.
- You may still feel drowsy upon discharge.

Discharge

- Patients receiving sedation **can NOT drive after the exam**. Patients can resume driving 12 hours after the procedure.
- You may return to work and resume normal activities the next day.
- Due to the medications administered to you during the procedure, you may not remember all the details surrounding your exam.
- The physician will explain the results of your exam and give you final instructions before you leave. It is best to have a **friend or relative present** to help you remember what was discussed.
- The results of any biopsies that are done will be sent to you and your primary physician within two weeks of your exam. It takes at least three days for the doctor to get the results.

Directions and parking

Driving: Hwys 12, 14, 18, 151, and I-90 all intersect with the W. Beltline Hwy.

- From the **Beltline**, take the **Park Street exit** traveling north. Merge left onto Park Street and take a left on **Erin Street**. Then take the first left on to **Brooks Street**.
- The entrance to the SSM Outpatient Center is on your left.
- We encourage you to use the complimentary valet services offered at the main entrance of the Outpatient Center. Valet hours are 7am - 5pm
- You may also park in the ramp. Please bring in your parking ticket so we can validate it when checking in.
- After parking, proceed to the Lobby elevators on level A, go up to the **1st floor**, that is where the Digestive Health Center is located.



FOR CONCERNS AFTER THE PROCEDURE
call the SSM Health Gastroenterology
Department at
608-260-3405

OR

FOR AFTER HOURS EMERGENCIES
CALL
608-294-6017

Visit <https://www.ssmhealth.com/locations/location-details/digestive-health-center>
for more information

700 South Park Street

Madison WI 53715

Phone: 608-229-7575

Toll-Free: 877-229-7575

[ssmhealth.com](https://www.ssmhealth.com)

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