SIGMOIDOSCOPY PREP

Your physician has scheduled you for a sigmoidoscopy. Please follow the instructions below.

- ❑ If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-663-2159 at least 48 hours prior to your exam.
- ❑ For questions after hours call 970-669-5432 and ask for the gastroenterologist on-call.
- ❑ **Completely fill out the "TELL US ABOUT YOURSELF" and "MEDICATION FORM" in your packet. Bring the completed forms and your packet with you the day of your exam.**

General Information:

- ✓ For 5 days prior to your procedure, try to avoid nuts, seeds and corn.
- ✓ Take your prescribed medications as you normally would up until 2 hours before your procedure.
- ✓ If you do not receive sedation, you will be able to drive yourself home.

If you receive sedation:

- ✓ Make arrangements to have a responsible adult drive you home. Your driver should plan to stay at the facility during your procedure. Public transportation (bus, taxi, shuttle) is NOT allowed unless you have a responsible adult with you.
- ✓ After the procedure, you should have an adult with you for 4 to 6 hours.

In advance, you will need to purchase 2 fleets enemas from your pharmacy.

- ❑ Consume only clear liquids after midnight and the day of your test. If you are receiving sedation, do not drink anything for two hours before your exam.
- ❑ Use both Fleets Enemas 1 1/2 hours prior to the exam, 10-15 minutes apart.

DIABETIC INSTRUCTIONS:

- ✓ If you are a diabetic and your procedure is scheduled to be done in the morning, hold your medications or insulin the morning of the procedure. We suggest you check your blood sugar at least 4 times a day at mealtime and bedtime.
- ✓ If you are diabetic and your procedure is scheduled to be done in the afternoon, contact your primary care physician to confirm how to take your diabetic medications. We suggest you check your blood sugar at least 4 times a day at mealtimes and bedtime.

WHAT TO EXPECT AFTER YOUR SIGMOIDOSCOPY

Dear Patient:

Please follow these guidelines to ensure the best possible outcome after your procedure:

- ✔ Resume medications when you start eating, unless otherwise instructed.
- ✔ Mild bloating is normal. Discomfort can be relieved by walking or lying on your stomach.
- ✔ If a polyp is removed, you must remain in this area or an area easily accessible to emergency health care for 14 days.
- ✔ If biopsies are taken you will be contacted with results within 1-2 weeks.
- ✔ You may have a small amount of blood on the toilet paper or in the stool after bowel movements. If you pass large amounts of blood or blood clots, call us at 970-669-5432 immediately, and at any time of day or night, or go to the nearest emergency department.
- ✔ You should call us at 970-669-5432 immediately, and at any time of day or night, if you have a fever or persistent abdominal, back or chest pains, shortness of breath, or any concerns.

If you receive sedation:

- ✔ Do not drive, operate hazardous machinery, or make critical legal decisions for at least 12 hours.
- ✔ You should be in the presence of an adult for 4-6 hours after your procedure.

SIGMOIDOSCOPY CONSENT FORM

CONSENT FOR PROCEDURE

SKYLINE ENDOSCOPY CENTER

Patient: _____

1. PROCEDURE AND ALTERNATIVES: I, (patient or authorized representative) authorize Dr._____ to perform procedure: **Sigmoidoscopy with possible biopsy and/or polypectomy.**

I understand the reason and **BENEFITS** for the procedure are: **Examination of the lower colon with possible removal of tissue and/or removal of a polyp for diagnosis.**

Alternatives include: x-rays, do nothing, or _____

2. RISKS: This authorization is given with the understanding that any procedure involves some risks and hazards. The more common risks include: infection, bleeding, nerve injury, blood clots, heart attack, allergic reactions, aspiration pneumonia and missed lesions including polyps or cancer. These risks can be serious and possibly fatal. Some significant and substantial risks of this particular procedure include: **BLEEDING OR PERFORATION. IF EITHER OF THESE COMPLICATIONS OCCUR, TREATMENT MAY INCLUDE HOSPITALIZATION, SURGERY OR BLOOD TRANSFUSION.**

3. SEDATION AND ANESTHESIA: The administration of sedation and anesthesia also involves risks, most importantly a rare risk of reaction to medications causing death. I consent to the use of such sedation or anesthetics as may be considered necessary by the person responsible for these services.

4. RESUSCITATION: I desire all resuscitative measures be employed during the procedure.

5. ADDITIONAL PROCEDURES: If my physician discovers a different, unsuspected condition at the time of the procedure, I authorize the physician to perform such treatment as deemed necessary to improve health.

6. I understand that no guarantee or assurance has been made as to the results of the procedure and that it may not cure the condition.

7. I consent to the photographing of the procedure to be performed for medical purposes.

8. I consent to the admittance of medical or paramedical observers to the procedure room.

9. I hereby request and authorize this health care facility to preserve for scientific or teaching purposes or otherwise dispose of the removed tissue resulting from the procedures authorized above. I further authorize the pathologist, whose services may be required, to use discretion in the disposal.

NOTE: IF YOU HAVE ANY QUESTIONS ABOUT THE PROCEDURE, OR THE RISKS OR CONSEQUENCES ASSOCIATED WITH IT, TALK WITH YOUR PHYSICIAN. YOU MAY WITHDRAW THE CONSENT FOR THIS PROCEDURE AT ANY TIME PRIOR TO ITS PERFORMANCE. DO NOT SIGN THIS CONSENT UNLESS YOU HAVE READ AND THOROUGHLY UNDERSTAND THIS FORM.

_____ _____

Patient/Authorized Representative **Date and Time**

_____

Relationship of Authorized Representative

PHYSICIAN DECLARATION: I have discussed the procedure, risks, complications, consequences, and alternatives with the patient or patient's representative, and to the best of my knowledge, the patient or representative understands this information and consents to the proposed procedure.

_____

Physician's Signature