



FLEXIBLE SIGMOIDOSCOPY WITH SEDATION INFORMATION (Also for Flexible Sigmoidoscopy with Endoscopic Ultrasound)

You have been scheduled for a Flexible Sigmoidoscopy procedure at the Digestive Health Center at the University of Virginia Hospital.

Your appointment is on _____. Please arrive to register at_____.

1. You will need to have a friend or family member attend this appointment. They will need to be able to drive you home. We will need to be able to contact them at all times while you are with us.
2. Your time with us may range from 2-4 hours. In order to have seating for all Digestive Health patients, we ask that only one person be in the waiting room with you. Please leave all jewelry and piercings at home.
3. You should not eat solid food or milk after midnight the night before your procedure. Stop drinking all other liquids 2 hours before you arrive for your procedure.
4. Stop taking any medicines that contain Iron 5 days before your procedure.
5. If you are on medicine for diabetes please call your Primary care doctor to have diabetic medicine doses changed for the day of your procedure, because you will not eat on the morning of your appointment.
6. If you are on prescription blood thinners please call us at 434-243-6346.
7. You will need to use 2 enemas at home about 2 hours before you leave to come to the hospital. You can buy enemas in your local drugstore. If you need directions on how to use an enema, call 434-243-6346.
8. Take your medicines for heart conditions and blood pressure as usual with a small sip of water on the day of your appointment. Please bring a list of your current medicines with you. If you use a machine at home to treat Sleep Apnea bring it with you to this appointment.

You will receive a phone call the week prior to your appointment to answer questions and review instructions. Preparing for this procedure is very important! If you have questions, call 434-243-6346 Mon-Fri 8-4:30 to speak to an Endoscopy Coordinator. Thank you for using The Digestive Health Center at The University of Virginia.