



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. Our locations include 500 Monroe Lane and the University of Virginia Medical Center (see insert for directions).

Your appointment is on: _____ at _____.
Arrive at _____ for registration and to prepare for the procedure.

For your comfort, you will receive sedation during your procedure. You will need to have a responsible adult driver to drive you home. **The driver must be with you when you register and must remain in the facility until you are discharged.**

1. Your time with us may range from 2-3 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.
2. You should not eat solid food or milk after midnight the night before your procedure; you may have clear liquids. Stop drinking all clear liquids 2 hours before you arrive for your procedure. **DO NOT** drink anything after that time.
3. 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.
4. If you are on prescription blood thinners please call your prescribing doctor for instructions.
5. 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 434-982-0225.
6. 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.
7. If you use a machine at home to treat Sleep Apnea you **MUST** bring it with you to this appointment. Medicines used during sedation and anesthesia can decrease your respiratory drive and relax tissues used to keep your airway open – thus, it is very important to use your CPAP during the procedure to maximize you breathing safely. This is true even if you rarely use your CPAP.
8. Stop taking any medicines that contain Iron 5 days before your procedure.

Preparing for this procedure is very important! If you have questions, call 434-982-0225 Mon-Fri 8-5pm to speak to an Endoscopy Nurse.

Thank you for choosing The Digestive Health Center at The University of Virginia.