Preparing For Your Sigmoidoscopy

Please Read and Follow the Instructions

What to Bring

- Arrange for someone to drive you home. If you have not arranged for someone to drive you home your procedure will be cancelled. We prefer the driver to stay during the procedure. You will be sedated during your procedure and will not be allowed to drive for 12 hrs. In addition, someone will need to be with you and check on you after the procedure. You must have a responsible person over the age of 16 to accompany you home.
- Bring your insurance cards. Many insurance carriers (not Medicare) and managed care companies require pre-authorization or pre-certification. To check coverage for this procedure, you will need to contact your insurance company. If pre-authorization is required, you need assistance or have questions call our authorization coordinator at 435-716-1260.
- Bring any co-pay(s) required by your insurance. There will be one for your physician and one for Logan Regional Hospital.
- Bring picture I.D.

What to Wear:

- Wear comfortable loose fitting clothing. Do not wear jewelry/watch or bring valuables.

Medical Conditions  If you have any of the conditions listed below follow the instructions:

- Diabetes – Normally we recommend you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
- Aspirin – If you are taking aspirin due to a doctor’s order to prevent stroke or heart attack continue to taking the aspirin. Stop taking your aspirin if you take it for other reasons.
- Ibuprofen, Advil, Excedrin, Motrin- Stop 7 days prior to your colonoscopy
- Coumadin (warfarin), Heparin, Lovenox (enoxaparin) or other anticoagulants — call your Primary Care Physician or Cardiologist for instructions. Notify your gastroenterologist’s office of the recommendations.

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Directions and Parking
The GI Lab is located on the 4th Floor of the Logan Regional Hospital and Budge Clinic
Address: 1350 North, 500 East, Logan.

Cancelation or Questions
If you have questions please call 435-716-1260. For cancelations we require 72 hours’ notice or as soon as possible.

Interpreter Service
If you need an interpreter provided, contact our office 435-716-2166

About Your Visit Time:
Every effort will be made to keep your appointment at the scheduled time. Unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for their procedure.

Confirming Appointment
A GI Lab Nurse will be contacting you 1 week before your appointment to have pre-procedure questions answered. They will be calling at various times of day, no need to return their call they will contact you.

Questions regarding your prep
If you have questions regarding your prep call our office at 435-716-1260. If after office hours or weekend please call 435-716-1000 and ask for the GI nurse on call.

You will be receiving a phone call from Intermountain Health Care Pre-Registration Department. Toll free number for Registration 888-269-8674
If you need Financial Assistance call: 801-442-1023

Questions To Ask Your Insurance Provider:
- I am scheduled for a colonoscopy what is my financial responsibility?
- If polyps are found does it change what I am responsible to pay?
- What is my deductible?
- Has my deductible been met?

Your Insurance Provider may ask for this CPT Codes:
- 45330
Flexible Sigmoidoscopy Bowel Preparation Instructions

Please read All of these instructions carefully. The exam cannot be performed if your colon is not properly cleansed. If you have any questions after reading these instructions, please call Budge Gastroenterology at 435-716-1260

Five Days Before Your Flexible Sigmoidoscopy

• Stop herbs, vitamins, and oral Iron supplements. Stop any anti-inflammatory medications. (Motrin, Ibuprofen, Advil). Tylenol and Celebrex (celecoxib) are okay to continue.
• Contact your prescribing physician for instruction on dosage of blood thinner and or diabetic medications.
• Stop eating nuts and small seeds.
• Arrange for a driver to take you home (if you receive sedation)

Two Days Before Flexible Sigmoidoscopy

• Purchase 2 Fleet enemas from your pharmacy
• Purchase One (1) small box of Dulcolax tablets (laxative)
• Avoid vegetables, pulpy fruits, oatmeal and cereal with high fiber, nuts and small seeds.

Night before your Flexible Sigmoidoscopy

• Take 2 Dulcolax tablets

Day of Your Flexible Sigmoidoscopy

• No Solid Food, may have a clear liquid diet
• One hour before leaving home, Give yourself the first enema, hold as long as possible up to 20 minutes and expel the enema. Allow yourself to rest for a 10 minutes. Follow with the second enema, again holding for no more than 20 minutes
• DO NOT EAT OR DRINK ANYTHING AFTER TAKING ENEMAS
• You may take regular medication with small sips of water
• If your preparation is not working please call our office and ask for Dr. Garg’s Medical Assistant or Registered Nurse.
• You may apply a petroleum based product or diaper rash ointment to the rectal area to decrease discomfort from the frequent stools.