

Joshua Beirne, MD  
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## DIGESTIVE CARE CENTER

500 Doyle Park Drive, Suite 205  
Santa Rosa, CA 95405  
707.303.8350 Tel  
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### SIGMOIDOSCOPY PREP INSTRUCTIONS ENEMA PREP

Dr. Beirne

Dr. Faust

Dr. Morales

Arrival Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure  
Time: \_\_\_\_\_

**Memorial Outpatient Surgery  
Center**

525 Doyle Park Dr. 2<sup>nd</sup> Floor  
(707) 547-4600

**Memorial Hospital**

1165 Montgomery Drive  
(707) 525-5224

**Sutter Surgical and Endoscopy  
Center**

34 Mark West Springs Road, Suite  
100  
(707) 541-3500

#### As Soon As Possible

- Plan to take the day of the procedure off from work.
- Find someone who can drive you to and from the appointment or ride with you if you plan on taking a taxi, Uber or Lyft

#### 7 Days Before the Exam:

- If you are taking Coumadin (Warfarin), Plavix, Lovenox, Aggrenox, Pradaxa, Effient or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure. You may continue to take a single aspirin tablet daily.
- **Purchase two Fleet's enemas from your pharmacy.**
- **Purchase** soothing wipes and barrier cream such as Vitamin A&D ointment to help with anal irritation. Do not use Desitin.

#### 4 Days Before the Exam:

- Stop NSAIDS (Ibuprofen, Motrin, Advil, Naprosyn, Aleve, Relafen or the like).
- Stop iron supplements.
- Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, and breads or crackers with visible seeds.

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### Day of Exam:

- **3 HOURS BEFORE YOUR EXAM**, use the first enema. Instructions are on the box. You may experience cramps, nausea, and diarrhea.
- **2 HOUR BEFORE YOUR EXAM**, use the second enema.
- **Do not drink anything beginning 3 hours before your exam until the exam is complete.** You may have clear liquids before that on the day of your exam.
- **If you are diabetic**, do not take your daily diabetic medication this morning. You may take your other medications.
- Wear loose comfortable clothing, a short sleeved shirt, and warm socks.
- **You must have a driver to pick you up if you receive sedation.** If you do not receive sedation, you may drive yourself home or leave by yourself.

***The hardest part is over!*** After you arrive for your sigmoidoscopy, you will meet with a nurse who will talk to you about your medical history, may start an IV, and get you settled. After you meet with your doctor, you may be given medication to sedate you if prefer during your sigmoidoscopy. Sedation is often not needed due to the short time of the procedure.

You will recover after your procedure for up to 15 to 30 minutes, and will be given a report with the findings and instructions to take home.

**If sedation is given, YOU MAY NOT DRIVE, WORK OR OPERATE MACHINERY** for the remainder of the day. Your procedure will last approximately 1 to 2 hours from the time you arrive to the time you are released. **PLEASE**

**NOTE, the procedure facility may contact you** if necessary to adjust your appointment time within 48 hours of the exam. You may confirm your release time with the facility at the time of arrival.

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### **Confirmation:**

Our office will call you to confirm your appointment about a week before the procedure. **If we leave you a message you must call us back to complete the confirmation.** If we are unable to confirm at least 2 business days in advance we may change the date of your appointment. If your plans change and you need to change the date for any reason, please give us a notice at least a week in advance so that another patient may use the time. If you change your appointment or fail to appear for the appointment you may be charged a cancellation fee of \$150.00.

The facility where your appointment is scheduled may also call you about 2 days in advance to review the procedure and make certain that you are comfortable with the instructions. They will also confirm the time of the appointment and give you a feel for when you will be ready to leave afterwards.

### **Patient Financial Responsibility:**

Please note, when appropriate, we will preauthorize your procedure. This means we have gained approval for your procedure from your insurance company; however, this is not a guarantee of payment.

**It is your responsibility to contact your insurance company to find out your payment obligations.** We can provide the appropriate procedure and diagnosis codes to assist you if needed. The charges that may be billed to your insurance company for your procedure include the physician's professional fee, the facility fee where the procedure is performed, and pathology fee or anesthesiologist's fee if applicable. You may contact us with any questions.