



Gastroenterology

Flexible Sigmoidoscopy

REMINDER FOR:

ON THE DAY OF YOUR PROCEDURE

- Bring a list of all your medications (include over-the-counter and prescription)
- Bring your Insurance Card and Photo ID
- Most flexible sigmoidoscopies are performed without sedation. If you think you will require sedation for this procedure, you must arrange for a driver. If you do not have someone to drive you home, your procedure will be cancelled. If you don't have a driver, you have the option of either taking the test without sedation, or rescheduling. No public taxis or shuttles. Medical taxis are allowed. Your driver must come inside, and must come within 2 hours.
- If you require sedation, STOP drinking clear liquids 2 hours prior.

PARKING:

CHASKA: Two-Twelve Medical Center

Park in the patient parking lot and proceed to the third floor
ENDOSCOPY DEPARTMENT – Suite 320

WACONIA: Ridgeview Professional Building

Park in the MAIN PARKING LOT located across from the MAIN ENTRANCE of the hospital. Take the elevator down to the POND LEVEL (-2 floor) – ENDOSCOPY DEPARTMENT – Suite 2

ARLINGTON: Ridgeview Sibley Medical Center

Arrive at the ER doors and check in at the nurses station

LE SUEUR: Ridgeview Le Sueur Medical Center

Park in the outpatient clinic lot, arrive through doors with large canopy and check in at registration



Please call **952-442-8011** with any questions or scheduling concerns.

Gastroenterology

| Waconia | Chaska | Arlington | Le Sueur |
|--|--|---|---|
| Ridgeview Professional Building Ridgeview Endoscopy Suite 560 South Maple Street Suite 2 • Pond Level (-2) Waconia, MN 55387 | Two Twelve Medical Center 111 Hundertmark Road Suite 320 Chaska, MN 55318 | Ridgeview Sibley Medical Center 601 West Chandler Street Arlington, MN 55307 <i>*Arrive at the ER doors and check in at the nurses station</i> | Ridgeview Le Sueur Medical Center 621 S. 4 th Street Le Sueur, MN 56058 |

IT IS THE PATIENT'S RESPONSIBILITY TO CONTACT YOUR INSURANCE COMPANY TO VERIFY COVERAGE & BENEFITS FOR THIS PROCEDURE. IF A PRIOR AUTHORIZATION IS REQUIRED BEFORE SERVICES RENDERED, PLEASE CONTACT YOUR PRIMARY CARE CLINIC FOR A REFERRAL TO BE SUBMITTED TO YOUR INSURANCE COMPANY. THANK YOU.

Patient name:

Date:

Check in time:

Physician:

- Dr. Sabina Khan**
- Dr. Brian Gootzeit**
- Dr. Mustafa Tiewala**

Procedure: Flexible Sigmoidoscopy

FLEXIBLE SIGMOIDOSCOPY PREP INFORMATION

1. Purchase the following from your pharmacy
 - 2 Fleet enemas
2. Day before procedure
 - Eat normally, **NO alcoholic beverages 24 hours prior to exam.**
3. Day of the procedure
 - **Do not eat 8 hours prior to the procedure.** You may continue to drink liquids and take your medications. Most flexible sigmoidoscopies are performed without sedation. If you require sedation, stop drinking clear liquids 2 hours prior to your procedure.
 - Give one enema 2 hours prior to the procedure appointment
 - Give one enema 1 hour prior to the procedure appointment
 - If you think you will need sedation for this procedure, you must arrange for a driver. If you do not have someone to drive you home, your procedure will be cancelled. If you don't have a driver, you have the option of either taking the test without sedation, or rescheduling. No public taxis or shuttles. Medical taxis are allowed. Your driver must come inside, and must come within 2 hours.

Purpose:

To identify and diagnose abnormalities of the bowel and rectum

- To screen for cancer

Symptoms:

- Persistent abdominal pain
- A change in bowel habits, constipation or diarrhea
- Rectal bleeding or anemia
- Unexplained weight loss or fevers

Benefits of Screening:

Colon cancer is the second most common cancer death in the United States. Every year 35,000 lives could be saved by early diagnosis. Colon cancers begin as small polyps or growths that are totally benign (non-cancerous). If these polyps are detected early and removed from this lower portion of the colon cancer may be prevented.

Procedure:

A flexible sigmoidoscopy takes between 15 and 30 minutes. The patient lies on their left side. The medical provider will perform a rectal exam, trying to feel for any problems in the rectum. They will then insert the scope. It is a small tube about ½ inch in diameter, about 28 inches (70cm) long and very flexible. The provider can control movement of the scope with some dials on the end.

Pain:

The discomfort is usually minimal. The discomfort is usually similar to pain associated with gas cramps, or to a slightly uncomfortable bowel movement. One is generally able to return to work after the procedure.

Possible Complications:

Flexible sigmoidoscopy is relatively safe. Approximately one time in every 10,000 procedures a tear may be made in the bowel wall. This may require further surgery. Very rarely there may be some bleeding, unless a biopsy was taken. Generally there is little discomfort.

Possible Biopsy:

If your medical provider sees a polyp or growth, he/she may want to take a small sample of the tissue (biopsy). This will then be sent to an outside lab where a pathologist will look at the tissue sample under a microscope and define what it is. A biopsy increases your chance of bleeding a small amount.



500 South Maple Street • Waconia MN 55387
(952) 442-2191

Getting to Ridgeview Professional Building

From Minneapolis: Take I-35W south to Hwy. 62 west. Continue on Hwy. 62 west to Hwy. 212/5 west. This will turn into Hwy. 5 west. Continue on Hwy. 5 west through Eden Prairie, Chanhassen and Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right onto South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the North: Take I-494 south to Hwy. 5 west. Continue on Hwy. 5 west through Eden Prairie, Chanhassen and Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the South: Take Hwy. 169 north to Hwy. 41 north. Take Hwy. 41 north to Hwy. 5 west. Take Hwy. 5 west through Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the East: Take I-494 west to Hwy. 5 west. Take Hwy. 5 west through Eden Prairie, Chanhassen and Victoria. Once in Waconia (still on Hwy. 5) look for South Maple Street (1 block after second set of lights on Hwy. 5). Turn right on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.

From the West: Take Hwy. 5 east to Waconia. Upon entering Waconia, look for South Maple Street. Take a left on South Maple Street. Ridgeview Professional Building is located immediately on the left, at 560 S. Maple Street.



621 S. 4th Street • Le Sueur MN 56058
(507) 665-3375

Getting to Le Sueur Medical Center

From Minneapolis: Take I-35W south to Hwy. 62 west. Continue on Hwy. 62 west to Hwy. 169 south. Continue on Hwy. 169 to Le Sueur. Take the Bridge St. exit from Hwy. 169 east to Le Sueur. Turn right on S. 4th Street and continue to Ridgeview Le Sueur Medical Center Campus. Turn left into campus.

From the North: Take Hwy. 169 south to Le Sueur. Take the Bridge St. exit from Hwy. 169 east to Le Sueur. Turn right on S. 4th Street and continue to Ridgeview Le Sueur Medical Center Campus. Turn left into campus.

From the South: Take Hwy. 169 north to Le Sueur. Take the Bridge St. exit from Hwy. 169 east to Le Sueur. Turn right on S. 4th Street and continue to Ridgeview Le Sueur Medical Center Campus. Turn left into campus.

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111 Hundertmark Road • Chaska MN 55318
(952) 361-2447

Getting to Two Twelve Medical Center

From Minneapolis: Take I-35W south to Hwy. 62 west. Continue on Hwy. 62 west to Hwy. 212/5 west. This will turn into Hwy. 5 west. Continue on Hwy. 5 west, veering to the left on the new Hwy. 212. Exit on Hwy. 41 and turn right (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the North: Take I-494 south to Hwy. 5 west. Continue on Hwy. 5 west, veering to the left on the new Hwy. 212. Exit on Hwy. 41 and turn right (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the South: Take Hwy. 169 north to Hwy. 41 north. Continue north on Hwy. 41 and turn right on Hundertmark Road, which is just north of Hwy. 212. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the East: Take I-494 west to Hwy. 5 west, veering to the left on the new Hwy. 212. Exit on Hwy. 41 and turn right (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.

From the West: Take Hwy. 212 east. Exit on Hwy. 41 and turn left (north). Turn right on Hundertmark Road. Two Twelve Medical Center is located on your right, at 111 Hundertmark Road.



601 West Chandler Street • Arlington MN 55307
(507) 964-2271

Getting to Sibley Medical Center

From the North: Take Highway 5 south to Arlington. Turn right onto W. Chandler Street. Take the first right into the parking lot.

From the South: Take Highway 5 northeast to Arlington. Turn left onto W. Chandler Street. Take the first right into the parking lot.

From the East (Henderson): Take Highway 19 west to 391st Ave / County Rd 17. Turn right onto 391st Ave / County Rd 17. Take 391st Ave / County Rd 17 north to Arlington. Once in Arlington, 391st Ave / County Rd 17 becomes 4th Ave E. Take 4th Ave E to Highway 5. Turn left on Highway 5. Turn right onto W. Chandler Street. Take the first right into the parking lot.

From the West: Take Highway 19 to Gaylord. Turn right onto Main Ave. E / Highway 5. Take Highway 5 northeast to Arlington. Turn left onto W. Chandler Street. Take the first right into the parking lot.

Or, take Highway 212 East to Highway 22 and turn right (south) on Highway 22. Take Highway 22 to Gaylord. Turn left onto Main Ave E / Highway 5. Take Highway 5 northeast to Arlington. Turn left onto W. Chandler Street. Take the first right into the parking lot.