PROCEDURE: FLEXIBLE SIGMOIDOSCOPY

REMINDER FOR ON THE DAY OF YOUR PROCEDURE

- Bring a list of all of your medications – include over the counter and prescription.
- Bring your insurance card and a photo ID.

LOCATION AND PARKING
Your procedure will be performed at Ridgeview Endoscopy, in one of these locations:

Endoscopy Department – Waconia
Ridgeview Professional Building
560 South Maple Street
Suite 2 – Pond Level (lowest level)
Waconia, MN 55387
Ph. 952-442-8011

Endoscopy Department – Chaska
Two Twelve Medical Center
111 Hundertmark Road
Suite 320
Chaska, MN 55318
Ph. 952-442-8011

If you are not sure which location your procedure is scheduled for, please call 952-442-8011.

In Chaska, at Two Twelve Medical Center: Park in the patient parking lot and proceed to the third floor ENDOSCOPY DEPARTMENT, Suite 320.

In Waconia, at Ridgeview Professional Building: Park in MAIN PARKING LOT, located across from MAIN entrance of the hospital. Take the elevator down to POND LEVEL (-2 Floor) – ENDOSCOPY DEPARTMENT, Suite 2.
PROCEDURE INSTRUCTIONS: FLEXIBLE SIGMOIDOSCOPY

IT IS PATIENT 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.

Please review the following instructions carefully to verify they are the correct instructions for your scheduled procedure. Please call our office if they are incorrect so we may send the correct one to you. Thank you.

1. Purchase the following from your pharmacy
   • 2 Fleet enemas

2. Day before procedure
   • Eat normally

3. Day of the procedure
   • Do not eat 8 hours prior to the procedure. You may continue to drink liquids and take your medications.
   • You will not need a driver for this procedure
   • Give one enema 2 hours prior to the procedure appointment
   • Give one enema 1 hour prior to the procedure appointment

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

BRING PHOTO ID, MED LIST & INSURANCE CARD WITH TO APPOINTMENT
INFORMATION ABOUT FLEXIBLE SIGMOIDOSCOPY

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.