

## **Flexible Sigmoidoscopy Preparation**

Please call 989.839.0750 if you have any questions regarding your scheduled procedure.

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

\_\_ **Great Lakes Bay Surgery & Endoscopy Center, 4228 Bay City Rd., Midland – see attached paperwork re: calling for your Arrival Time**

\_\_ **Riecker Surgery Center, 4400 Wellness Dr., Midland – see attached paperwork re: calling for your Arrival Time**

### **PREPARING FOR YOUR PROCEDURE**

**Call our office if you:**

~have diabetes

~are taking Coumadin, aspirin or any blood thinning product

~have a heart valve replacement OR

~have a history of endocarditis (these may require antibiotics prior to your procedure)

You will need to purchase two (2) Fleet enemas.

These may be purchased at any pharmacy.

**For three (3) days prior to your procedure, please avoid the following:**

~Foods with seeds (tomatoes, cucumber)

~Iron supplements (including vitamins w/iron)

~Bulking products (Metamucil, Citrucel)

~Foods difficult to digest (corn, nuts and popcorn)

### **ON THE DAY OF YOUR PROCEDURE**

\_\_ **Without sedation - Nothing** by mouth 3 hours prior to your procedure

\_\_ **With sedation - No solids** by mouth 8 hours prior to your scheduled procedure. **Nothing by mouth including: gum, hard candies, breath mints or liquids 3 hours prior to your procedure. You may brush your teeth.**

You will be sedated for your procedure which will impair your reflexes and judgment. Therefore, you will need to bring a responsible driver over the age of 18 as you **will not** be allowed to drive after your procedure.

## **2 HOURS BEFORE YOUR PROCEDURE**

Give yourself the first Fleet enema. Follow the instructions on the packaging, hold this in as long as you can and then allow it to pass.

## **1 ½ HOURS BEFORE YOUR PROCEDURE**

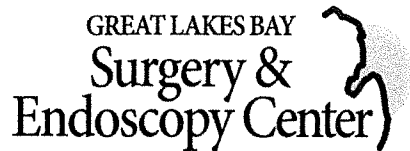
Give yourself the second Fleet enema. Again, hold this in as long as you can and then allow it to pass.

**In the procedure room** you will be asked to lie on your left side with your knees bent. Your physician will first do a rectal exam. The physician will then insert the lubricated sigmoidoscope. This will give you a mild sensation of wanting to move your bowels. As the sigmoidoscope is carefully advanced through the rectum and sigmoid colon you may notice some mild lower abdominal pressure.

After the procedure your physician will discuss the findings with you.

## **What is a Flexible Sigmoidoscopy?**

Flexible sigmoidoscopy is the evaluation of the rectum and sigmoid colon, the lower portion of the colon, using a flexible fiberoptic examining instrument called a sigmoidoscope. This exam is useful in the evaluation of lower bowel complaints. The physician can view and examine the lining of the colon looking for any abnormalities and for lower bowel polyps and cancer. If necessary, the physician may perform a biopsy or remove polyps.



Dear Patient,

Your Doctor has scheduled you for a procedure at Great Lakes Bay Surgery and Endoscopy Center in Midland. We are located just west of US 10 on Bay City Road. Please find a map and driving directions on the reverse side of this letter.

1. **You are to bring your driver's license and insurance card, as well as, a responsible adult (18 or older) who must remain on site until you are discharged and will drive you home.**

- Read and carefully follow any prep instructions that may be enclosed as a thorough prep is **VITAL** to a successful procedure.
- The "Patient Rights and Responsibilities" booklet provides important information for your knowledge including the center's ownership, your rights and responsibilities as a patient, and information about Advanced Directives.

2. **Please complete your on-line medical history form - Simple Admit - as soon as possible or at least one week prior to your procedure.**

- Go to our secure website: [www.glbsurgery.com](http://www.glbsurgery.com).
- Follow the link in **Complete Your Medical History Now** box.
- Enter this registration password: **GLBSEC222NEW** to begin.

It is important that we get this information ahead of time so that your anesthesia provider can plan your care. For questions call (989) 495-9100.

3. **Please call us at 989-495-9100 two (2) business days before your scheduled date to receive your arrival time for the procedure - call between 1:00pm and 3:00pm.**

Great Lakes Bay Surgery and Endoscopy is open Monday-Friday from 6:30 am - 4:30 pm. Our website provides additional information about our services - [www.glbsurgery.com](http://www.glbsurgery.com).

We appreciate the opportunity to partner with your physician to provide you with excellent care.

*The Great Lakes Bay Surgery and Endoscopy Team*

## DIRECTIONS:

### East (Bay City)

Take US-10 west to Bay City Rd. exit, turn left at W. Midland Rd. which turns into Bay City Rd.

### West (Mt. Pleasant)

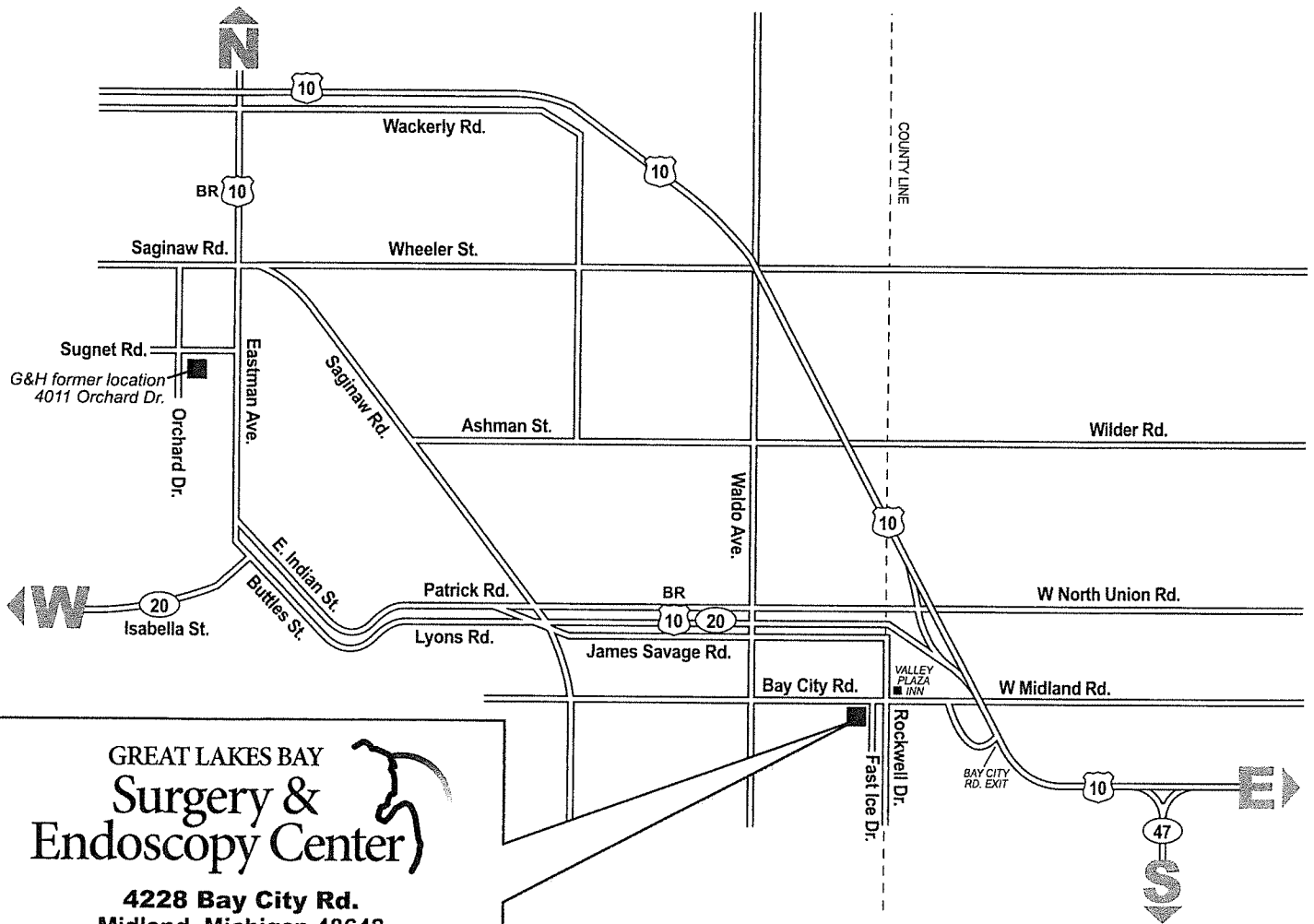
M-20 east, right at Buttles St./US-10 Business. Buttles St. turns into Lyons Rd. Continue to take US-10 Business east toward Bay City Rd. exit. Merge onto US-10 east, take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.

### South (Saginaw)

Take Midland Rd./M-47 north, exit onto US-10 west toward Midland, exit to Bay City Rd., turn left at W. Midland Rd. which turns into Bay City Rd.

### North (Sanford)

US-10 east toward Bay City. Take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.



GREAT LAKES BAY  
**Surgery &  
Endoscopy Center**

**4228 Bay City Rd.**  
Midland, Michigan 48642  
Phone 989.495.9100 • Fax 989.495.9150

