



**Gastroenterology
& Hepatology**

ASSOCIATES OF MID-MICHIGAN, PC
gastroandhep.com

Flexible Sigmoidoscopy Preparation

To reschedule, cancel, comments or concerns please call: 989.839.0750

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Arrival Date: _____

__ **Great Lakes Bay Surgery & Endoscopy Center**, 4228 Bay City Rd., Midland

You will be contacted by phone 1 business day prior for your arrival time.

Pre-admission Instructions are located in your packet.

__ **Riecker Surgery Center**, 4400 Wellness Dr., Midland – see attached paperwork re:
calling for your arrival time and preadmission instructions.

__ **MidMichigan Medical Center-Midland, Main OR**, 4000 Wellness Dr., Midland – see
attached paperwork re: calling for your arrival time and preadmission instructions.

PREPARING FOR YOUR PROCEDURE

Call our office if you have not received instructions re:

~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. No smoking after midnight.

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.

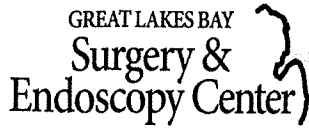
1 ½ HOURS BEFORE YOUR PROCEDURE

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.



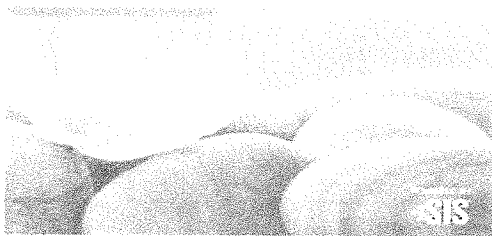
Dear Patient,

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.

You must bring your driver's license and insurance card to every visit.

You must have a responsible adult (18 or older) who will bring you to the Center, be available to review your discharge instructions and drive you home.

- Read and carefully follow any pre-procedure prep instructions that may be enclosed as a thorough prep is **VITAL** to a successful procedure.
- Your physician's office will schedule you for a **COVID-19 test if required** several days before your procedure/surgery. They will provide you with your results. This testing must be completed on time to prevent cancellation of your case.



Approximately a week before your procedure you will receive a text message and/or email that will provide you with a unique link that will connect you to our secure Patient Health History form on SIS Exchange. You will be able to complete the form with a computer, tablet or on a cell phone. It is important that we get this information ahead of time in order for your anesthesia provider to plan your care. For questions or if you need help to complete the form, call our Pre-Procedure Nurse at (989) 495-9100.

We will call you the day before your procedure by NOON to confirm your appointment time. If you do not hear from us, please call us.

Please call (989) 495-9100 with any questions regarding your procedure. Our website provides additional information about our services - www.glbsurgery.com.

Great Lakes Bay Surgery and Endoscopy is open Monday-Friday from 6:30 am - 4:30 pm. 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)

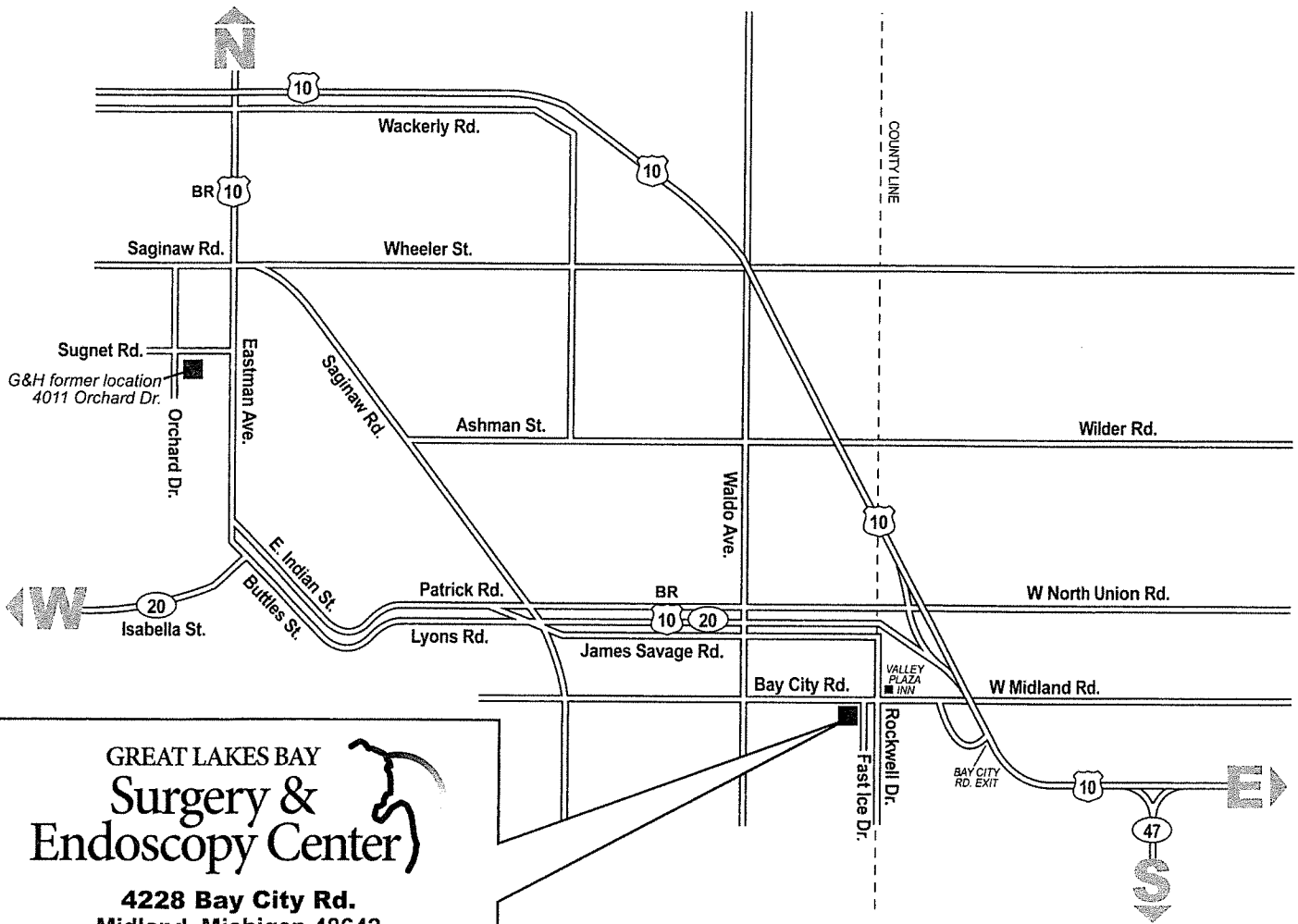
M-20 east, right at Buttles St./US-10 Business. Buttles St. turns into Lyons Rd. Continue to take US-10 Business east toward Bay City Rd. exit. Merge onto US-10 east, take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.

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

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