☐ Texas Midwest Surgery Center 751 N. 18th St Abilene, TX 79601

☐ Hendrick Medical Center

1924 Pine Street, Abilene, TX 79601

You have been scheduled for a Flexible Sigmoidoscopy with:

Avery Smith, MD

Date of Procedure:

HMC Pre-Admission Testing will call with arrival instructions

<u>Please advise. A NO SHOW for procedures is a \$50.00 fee and must be paid before</u> rescheduling.

IMPORTANT

- Please bring your Insurance cards, proof of Identification and complete lists of home medications you are taking.
 - o This includes over the counter medications such as vitamins, etc.
- If you need to reschedule, cancel or if you have any questions about your procedure please Call: (325) 268-4122
 - o We ask that you give us 48 hours in advance if you need to cancel or change your
- The Central Billing office (CBO) will verify your Insurance benefits.

Call: (800) 862-3313

FLEXIBLE SIGMOIDOSCOPY (EGD) INSTRUCTIONS



D Failure to follow these instructions limit the value of your procedure and your exam may need to be rescheduled.

SEDATION

• You will be receiving IV (Intravenous) sedation. You <u>MUST</u> have an adult family member or friend (18 years or older with a valid drivers license) to drive you home following the procedure. You are **NOT** allowed to drive or leave the surgical facility alone. You are **NOT** allowed to utilize third party drivers (i.e. Lyft, Uber, RideShare, public buses, taxi services, etc.)

DAILY MEDICATIONS

• If you are taking blood thinners (ex: Coumadin, Plavix, Brilinta, Xarelto) you must **STOP** taking them as described below.

Instructions:

Coumadin - STOP 5 days before procedure and take Lovenox as directed Plavix - STOP 5 days before procedure

Eliquis/Brilinta/Xarelto - STOP 1 day before procedure

- You may take your asthma and blood pressure medications with small sips of water the morning of the procedure.
- If you use an inhaler for your asthma, bring it with you the day of your procedure.
- If you have diabetes, **DO NOT** take Insulin or diabetic pill on the day of your procedure.
- If you are taking diet pills (Phentermine, Metermine, Elvenir, Fastin, etc.), you must **STOP** taking them **14 days** before your procedure.
- If you take iron pills or fiber supplements. You must **STOP** taking them one week before your procedure... starting on **DATE:**

JEWELRY & VALUABLES

- Please do not bring any valuable items or jewelries to the endoscopy room for your procedure.
- Nose, lip, or tongue jewelry piercings should be removed.

CLEAR LIQUID DIET			
 Water or flavored water (<u>WITHOUT</u> red or purple dye) 	 Sports drink such as Gatorade and Propel (light colors only) 		
 Tea or coffee (<u>WITHOUT</u> milk, cream or lightener) 	 Popsicles (<u>WITHOUT</u> fruit or cream; NO red or purple dye) 		
 Clear carbonated beverages and sodas (such as: Ginger ale/ Lemon-lime soda) 	 Plain Jell-O or other gelatin (<u>WITHOUT</u> fruit; <u>NO</u> red or purple dye) Sorbet (<u>NO</u> red or purple dye) 		
Apple or white grape juice	• Fruit Ices (<u>NO</u> red or purple dye)		
Clear broth (such as: chicken, beef or vegetable)	Ensure, Boost, Glucerna		

BOWEL PREPARATION:



The following is very important to ensure a successful exam

YOU WILL NEED TO BUY THE FOLLOWING:

1. TWO (2) TAP-WATER ENEMAS (this can be purchased over-the-counter without a prescription)

STEP # 1 (ONE DAY BEFORE THE PROCEDURE)

DATE	INSTRUCTIONS
	Begin a Clear Liquid diet this AM and continue throughout the day.
	DO NOT eat or drink after midnight starting 11:59 pm

STEP # 2 (MORNING OF PROCEDURE)

NO SMOKING
NO Hard Candy
NO Chewing Gum
NO Breath Mints

DATE	INSTRUCTIONS

	Use TWO (2) tap-water enemas 2 hours prior to the procedure (Follow the directions on the box)
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