

The logo for Southwest Endoscopy (SWE) consists of the letters 'SWE' in white, bold, sans-serif font, centered within a dark blue rectangular box with white horizontal stripes above and below the text.

# Flexible Sigmoidoscopy Prep

**Location: Southwest Endoscopy**

**7788 Jefferson St NE, Albuquerque, NM 87109**

*Please call to confirm appointment 505-999-1600*



To make your check-in easier, scan the QR code to review all required forms before your procedure, including informed consent, patient rights, and anesthesia consent. You will sign these at check-in. If you're unable to scan, the forms will be available when you arrive.

If you have any questions about procedure preparation, please call our office during business hours at 505-999-1600.

**The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.**

**NO SHOW FEE:** Any patient who fails to keep their scheduled procedure will be charged a \$150.00 fee. The fee must be paid prior to rescheduling any appointments.

**Cancellations:** must be made 4 business days prior to your scheduled procedure. Any cancellation made less than 4 business days will be charged \$150.00.

**Changes in Health Status:** Please contact our office for evaluation if you have had any significant changes in your health status between the time your procedure was scheduled and your procedure date. Significant changes can include a heart attack or starting a new anticoagulant (blood thinners). Please also contact our office if you develop or are experiencing flu-like or COVID related symptoms.

Examples of blood thinning medication include; Arixtra (fondaparinux), Beryxxa (betrixaban), Brillinta (ticagrelor), Coumadin (warfarin), Effient (prasugrel), Eliquis (apixaban), Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa (edoxaba), Ticlid (ticlopidine), Xarelto (rivaroxaban)

If you recently started taking any medications listed above, please contact our office immediately at 505-999-1600.

**At least one day prior to your procedure, purchase the following:**

- **(3) Water-based or saline-based “FLEET ENEMAS”; no prescription is needed.**



**Follow the steps below to make sure that your colon is as clean as possible before your Flex-sigmoidoscopy.**

**Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.**

### **Day of your procedure**

1. Approximately one hour before leaving home, begin use of the three fleet enemas.
2. Hold each enema for 10 minutes or as long as possible.
3. Space each enema 10 to 15 minutes apart.

**Call us at 505-999-1600 if you are unable to administer the enemas at home so we may assist you when you check-in.**

## THE DAY OF YOUR PROCEDURE

All patients must check in for their procedure 60 minutes before the procedure time. For example, if your procedure is set for 7 a.m., please check in at 6 a.m., as our office opens at 6 a.m. Please allocate 2-3 hours for your visit.

**Have nothing by mouth for 8 hours before your procedure.**

TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED **WITH A SMALL SIP OF WATER** (no more than 2oz) NO LATER THAN 2 HOURS PRIOR TO YOUR PROCEDURE OR YOUR PROCEDURE WILL BE CANCELED. YOU CANNOT HAVE CHEWING GUM, HARD CANDY, OR TOBACCO PRODUCTS THE DAY OF YOUR PROCEDURE.

**You must arrange to have a responsible adult (18 or older) come with you to your procedure to drive you home.** You cannot drive, take a bus, or leave the facility alone. Your driver does not need to stay at our facility during your procedure but needs to remain reachable by phone. The staff will call your driver 30 minutes before you are ready to be discharged

- You will need your current insurance card, picture ID, and copayment.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

### If you take GLP-1 medications

- Dulaglutide (Trulicity) (weekly)
- Exenatide extended release (Bydureon bcise) (weekly)
- Semaglutide (Ozempic) (weekly)
- Tirzepatide (Mounjaro) (weekly)

These medications should be stopped the week prior to your procedure

- Exenatide (Byetta) (twice daily)
- Liraglutide (Victoza, Saxenda) (daily)
- Lixisenatide (Adlyxin) (daily)
- Semaglutide (Rybelsus) (taken by mouth once daily)

These medications should be stopped 1 day prior to your procedure