

IU Health Gastroenterology

Flexible Sigmoidoscopy Prep Instructions

BEC: 550 South Landmark Ave; Bloomington, IN 47403

IUH Bloomington Hospital: 2651 E Discovery Pkwy; Bloomington, IN 47408

Please follow these directions carefully:

Twelve (12) days Before your appointment	▪ Ensure that you have an adult 18 years or older, to stay at the facility while you are under sedation, to bring you home, and to assist you after the procedure as needed. ▪ Because you will receive sedation for your procedure, you may not use a taxi, medical cab or rideshare service unless you also have a responsible adult to accompany you. ▪ Purchase 2 Adult Saline Enemas (Fleets Enemas.) These are purchased over the counter from a drug store, grocery store or Walmart. ▪ DO NOT USE ANY GAS-X OR SIMETHICONE IN ANY FORM DURING YOUR BOWEL PREP. ▪ Check your medications. If you are taking a blood thinner, please call 812-355-6931, option #2, for directions on holding the medication before your procedure. If you have not received these instructions 7 days before the procedure, call 812-355-6931, option #2. ▪ If you have had a heart stent placed within the last twelve (12) months, please call 812-355-6931, option #2. ▪ If you are diabetic (taking insulin or pills) please note: ▪ The day before your procedure, take all oral diabetic medications by mouth according to your usual schedule. ▪ Take only ½ of your normal insulin dose the evening before your procedure. ▪ On the morning of your procedure, you should hold all oral diabetic medications and insulin. ▪ If your blood sugar is above 350 the morning of your procedure, please call the Charge Nurse at the facility where you are scheduled for further instructions. ▪ BEC: 812-322-3897; IUH Bloomington: 812-918-3484; ▪ Our physicians reserve the right to cancel your procedure for your safety
Eight (8) days before your appointment	▪ Stop any GLP-1s AND weight loss medications or supplements. (Includes both pill and injectable forms.)
Five (5) days before your appointment	▪ Stop anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Meloxicam, etc.) ▪ Stop iron supplements that are taken by mouth. (Iron infusions may continue as scheduled.) ▪ Stop Vitamins & Herbal Medications and supplements. (CBD, Hemp oil, etc.)
Midnight – The night before your Procedure	Stop all solid food after midnight, the night before your procedure. You may drink clear liquids until 2 hours prior to arrival time. Examples of Clear Liquids – Okay to drink: ▪ Water, Black coffee or tea (Sugar/sweetener is ok, no cream or milk) ▪ Clear juice (apple, white grape, white cranberry, etc.) ▪ Soda (Brown and light-colored sodas are both allowed,) Gatorade, Powerade ▪ Jello; Popsicles without dairy or fruit pulp, Italian ice ▪ Clear broth (Beef, Chicken or Vegetable) NOT Clear Liquids – Not Okay to drink: ▪ Coffee with milk or cream ▪ Alcohol ▪ Juice and popsicles with dairy and/or fruit pulp ▪ Milk or any dairy products ▪ Rice, noodles or any Solid foods

Day of your appointment:

Two (2) hours prior to arrival	▪ If you take oral diabetic medications by mouth, do NOT take these the morning of your procedure. ▪ If you take insulin, do NOT take it the morning of your procedure. ▪ Take all other morning medications excluding pain medications (see below,) with a sip of water. ▪ Stop all Liquids ▪ Do not consume anything by mouth 2 hours before your procedure. This includes food, liquids, cough drops, chewing gum, tobacco, marijuana, use of e-cigarettes and chewing tobacco. ▪ Use one of the Saline Enemas (Fleets.) Follow the instructions on the box.
One (1) hour before your appointment	▪ Use the other Saline Enema (Fleets.) Follow the instructions on the box.

- **Please read the following Medication Instructions:**
 - Aspirin – If you are taking aspirin, you may continue to take it.
 - You may take your usual heart and blood pressure pills up until the time of your procedure.
 - Do **NOT** take any **SLEEPING MEDICATION** (including melatonin) the night before your procedure, for safety reasons.
 - Do **NOT** take any **PAIN MEDICATION** 4 hours prior to procedure. If holding pain medications is a concern, please call 812-355-6931, option #2.
- You may receive a call to adjust your arrival time, once the providers schedule is finalized.
- Bring a List of your Medications, Advance Healthcare Directives and a Photo ID along with your Insurance Cards.
- Plan to be in the facility for approximately 2-3 hours on the day of your procedure.
- Limit visitors to 2; Small children should not be brought to the facility.
- Leave all jewelry and valuables at Home.
- If your procedure is scheduled with deep sedation, administered by Anesthesiology at IU Health Bloomington Hospital, you must have a Pre-Op call with Pre-Anesthesia Testing (PAT.) You should have been given a date and time for your PAT call when your procedure was scheduled.
- If you miss your PAT appointment, call 812-918-3465. Follow the instructions to leave a voicemail.
- If you need to reschedule your procedure or PAT appointment, call 812-355-6931, option #1.
- Bloomington Endoscopy Center Patients may receive a courtesy call from a nurse 7-14 days prior to procedure but are not required to have a Pre-Op/PAT call. If you miss your courtesy call, but still have questions about your procedure or instructions, call 812-355-6931, option #2.

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Indiana University Health

Dear Patient:

Thank you for choosing to have your procedure with Indiana University Health Medical Group Gastroenterology.

You are scheduled to have an endoscopic procedure that typically requires medications used for comfort and sedation. It is always your choice not to have sedation. If this is of interest to you, please discuss this with your gastroenterologist on the day of your procedure.

Below are descriptions of the 2 types of sedation that we commonly utilize:

1. **Moderate sedation (also known as conscious or twilight sedation):** This type of sedation is typically used with medications including Benadryl, Fentanyl, and Midazolam. If you are allergic to, or are intolerant of these medications, please call 812-355-6931, option #2 to let us know, so that we can adjust if necessary. Moderate sedation is not deep sedation. You will not be completely “knocked out.” We strive for patient comfort and amnesia (not remembering the procedure.) The patient will not be completely unconscious; they can still respond to stimulation and change positions. Moderate sedation does not require insertion of a breathing tube, since the patient can still breathe on their own. With this type of sedation, remembering part of the procedure is possible. With that said, greater than 98% of patients are very satisfied with this type of sedation.

All patients that are scheduled at Bloomington Endoscopy Center are scheduled with moderate sedation. Many patients that are scheduled at the hospital are also scheduled with moderate sedation.

2. **Deep Sedation:** This type of sedation is provided by an Anesthesiologist and includes a variety of medications chosen by the Anesthesiologist. This will increase the cost of the procedure. Patients typically cannot respond, as they are “knocked out,” and may need to have a breathing tube inserted into their throat during the procedure. Deep sedation is considered higher risk.

All deep sedation patients must be scheduled at the hospital, and must have a Pre-Op call with Pre-Anesthesia Testing (PAT.)

If you have any questions, please contact our office at 812-355-6931, option #2 to discuss it further.

*Indiana University Health Medical Group
Gastroenterology
Landmark Medical Center
550 South Landmark Avenue
Bloomington, IN 47403
T 812.333.5973, F 812.330.3681
luhealth.org/Bloomington/Gastroenterology*