



DIVISION OF COLORECTAL SURGERY

Larissa Temple, MD Gabriela Poles, MD Lisa Cannon, MD Office: 585-273-2727
Christina Cellini, MD Fergal J. Fleming, MD Jenny Speranza, MD Fax: 585-276-2203
Rabih Salloum, MD Zhaomin Xu, MD

Flexible Sigmoidoscopy Instructions

Your time is subject to change, please be as flexible as possible.

Location for your procedure:

Colorectal Surgery Office

180 Sawgrass Drive, Suite 220 (2nd Floor)
Rochester, NY 14620
585-273-2727

At the time of your appointment, please bring with you:

Insurance cards & Photo ID


Please complete the following bowel preparation:

You will need to administer a fleet enema (saline laxative) found over the counter at any pharmacy, 1-2 hours before you are scheduled to arrive for your procedure. You will then need to repeat a second enema after finishing the first one.

- * *If you have an ostomy, you may only need one enema, make sure you notify RN who calls for prescreening call*



Please Note: Medication Cautions

- * **Blood thinners**- Such as Coumadin® (Warfarin), Plavix® (Clopidogrel), Ticlid® (Ticlopidine Hydrochloride), Agrylin® (Anagrelide), Eliquis® (Apixaban) or Aspirin. These medications must be stopped  3-5 days prior to your procedure.
 - o **You MUST call the Doctor who ordered this medication to be sure this is possible.**
- * **Do not take any Nonsteroidal Anti-inflammatory Drugs (NSAIDS)** 5 days before your procedure: Ibuprofen, Motrin, Aspirin, or Ketorolac.

If you are unable to keep your appointment, please notify the office as soon as possible. If you have any questions, please contact the office at (585) 273-2727.

If unable to do the enema at home, please notify the nursing staff.

Directions to 180 Sawgrass Drive, Rochester NY 14620

Coming from the North

Take interstate 390 **South** to (exit 16B) route NY-15A/East Henrietta Road, turn **Left** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

Coming from the South

Take interstate 390 **North** to (exit 16) route NY-15A/East Henrietta Road, turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

Coming from the East

Take interstate 90 **West** to (exit 46) interstate 390 **North**; exit 390 North at (exit 16) route NY-15A/East Henrietta Road. Turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.

Coming from the West

Take interstate 90 **East** to (exit 46) interstate 390 **North**; (exit 16) route NY-15A/East Henrietta Road. Turn **Right** onto East Henrietta Road. Turn **Right** onto Westfall Road. Turn **Right** at the traffic light onto Sawgrass Drive and continue around the circle, we are on the **Left**.