



**DIVISION OF COLORECTAL SURGERY**

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**Flexible Sigmoidoscopy Instructions**

Name: \_\_\_\_\_ Date & Time: \_\_\_\_\_ Physician: \_\_\_\_\_

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

**Location for your procedure:**

**URMC Surgery Center**  
180 Sawgrass Drive, Suite 100 (1<sup>st</sup> Floor)  
Rochester, NY 14620  
**585-242-1401**

**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.

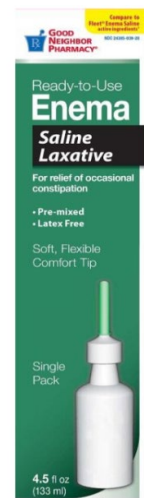
- ★ *If you have an ostomy, you may only need one enema, make sure you notify RN who calls for prescreening call*

**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 **STOP** 3-5 days prior to your colonoscopy. **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.

\*\*\*\*\*For SEDATION or ANESTHESIA PATIENTS ONLY\*\*\*\*\*

***You will be notified ahead of time if you are booked with sedation or anesthesia.***

- \* You may have a light meal 6 hours prior to your procedure. You may have clear liquids up until 2 hours before your procedure (Ex: clear juice [apple, white cranberry, white grape/NO PULP], black coffee with sugar (no cream), ginger ale, water).
- \* You **must** have an adult to drive you home from your flexible sigmoidoscopy, if it is with sedation or anesthesia. If you plan to take the bus or cab, you must have an adult ride with you. You cannot drive or work until the following day. ***We strongly encourage your ride to remain on site for the entire length of your procedure.***
- \* ***You must have a COVID-19 test completed no earlier than 5 days and no later than 4 days prior to your flexible sigmoidoscopy, if it is with sedation or anesthesia.*** Please go to any URMCC Pre-Procedure Covid-19 Testing Sites from the list provided.

### HELPFUL HINTS

- \* **Remove and leave ALL jewelry at home.**
- \* **Leave all valuables at home.**
- \* **Bring your photo ID and insurance card.**
- \* **Plan on being at the Surgery Center for *at least 90 minutes*. Although your physician tries their best to stay on time, sometimes issues do arise resulting in a delay of your start time. We appreciate your flexibility and will do our best to avoid any delays.**
- \* **A nurse will call you to review your health history and medications prior to the procedure**
- \* **Flushable moist wipes can help with soreness from frequent bowel movements**
- \* **We strongly encourage your ride to remain on site for the length of your procedure so they are able to speak with the provider performing the procedure.**

### 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**.