

Sigmoidoscopy Bowel Preparation Instructions

OsmoPrep Preparation

CAUTION

If you are over age 55 years or under age 18 years, or on dialysis or being treated for kidney failure, or have moderate to severe congestive heart failure, or have liver disease with fluid build up in the abdomen (ascites), or have high blood pressure, or diabetes, then

YOU MUST NOT TAKE THE OsmoPrep.

Please call 317-963-4040 or 1-877-962-4040 and talk with the GI Charge Nurse to request the Miralax prep instructions.

Warning: This bowel preparation has very rarely been associated with kidney damage. It's very important to follow the instructions precisely, particularly the instructions for fluid intake. The preparation is very safe and effective if the instructions are followed carefully.

Your procedure is scheduled on _____ at _____ AM / PM.

Please arrive 30 minutes early for registration.

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

About Sigmoidoscopy

Bowel preparation (cleansing) is needed to perform effective sigmoidoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the sigmoidoscopy. You should plan to be at the hospital 1-2 hours if no sedation is given. Sedation is not usually given for this procedure. If sedation is required, please call for specific instructions. It is critical that you follow the instructions as directed.

The physician will discuss your sigmoidoscopy with you after your procedure. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

If you have questions or must cancel, please call 317-963-4040 or 1-877-962-4040 as soon as possible.

What to Bring:

1. The completed enclosed forms.
2. The first and last name and address of all doctors you want to receive a copy of your procedure report.
3. A copy of relevant medical records from your referring physician.
4. Your insurance cards. Many insurance carriers (not Medicare) and managed care organizations require preauthorization or precertification. To obtain coverage for these procedures, we recommend you contact your insurance company. As a courtesy we will make every attempt to obtain the authorization for these procedures, please make sure we have your correct insurance information. If your insurance information has changed or is inaccurate, please contact our authorization coordinators at 317-278-5074 or 317-278-8660.
5. If you need an interpreter provided please contact the Gastroenterology Department at 317-963-4040 or 1-877-962-4040.

Patient Checklist

If you are affected by any of the conditions listed below, please follow these instructions.

Diabetes	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
Hip or knee replacement in the past six months, vascular graft in past year, coronary stent in past 6 weeks	You may need antibiotics before your procedure. Please arrive two hours before your scheduled procedure time. Do not schedule your procedure before 8:00am. Please inform the nurse and your physician.
Aspirin	If you are taking aspirin, please check with your referring or primary physician as to if or when you should stop taking the aspirin. If you are taking aspirin due to a doctor's order to prevent stroke or heart attack, we generally recommend you continue to take it.
Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam. <i>Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</i>

*****If you require an interpreter please contact the department 2 days before your procedure.**

What To Wear

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

Directions and Parking

The endoscopy unit is located on the fourth floor of the Indiana University Hospital Outpatient Center, connected to Indiana University Hospital at 550 N. University Boulevard, Indianapolis, IN. Take the gold elevator from the main lobby in the outpatient center (under the glass canopy) to the fourth floor. Turn left as you exit the elevator to the GI registration desk and waiting area. Parking is available in the attached self-pay garage located on the north side of the entrance to the out patient center. Clarian does not pay for patient parking. Garages and parking lots are owned by IUPUI. We apologize for any inconvenience this may cause. Valet parking is available at the entrance of the Outpatient Center for \$5.00 (no tipping).

Prep Instructions for Sigmoidoscopy - OsmoPrep

5 days before your sigmoidoscopy	2 days before your sigmoidoscopy	The day before your sigmoidoscopy	The day of your sigmoidoscopy
Read all prep instructions.		<p>NO SOLID FOOD NO ALCOHOL</p> <p>Clear liquids ALL DAY (See attached) PLUS Drink an extra 8 ounces of clear liquid every hour from 11am to 5pm. Gatorade is preferred</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>You may take your morning medications.</p>
Contact prescribing physician for instructions on the dosage of blood thinners.	<p>Complete forms sent from the endoscopy department. List all current medications, find insurance cards, get names and addresses of the physicians you of the physicians you want to receive a copy of your procedure report</p> <p>Obtain bowel prep products from your pharmacy. OsmoPrep is available by prescription only.</p>	<p>5pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid. 5:15pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid. 5:30pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid. 6:00pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid. 6:30pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid. 7:00pm - Drink 8 ounces of clear liquid 7:30pm - Drink 8 ounces of clear liquid 8:00pm - Drink 8 ounces of clear liquid</p> <p>You are encouraged to continue to drink clear liquids until you go to bed.</p>	<p>4-5 hours before your scheduled procedure time, take 4 OsmoPrep tablets with 8 ounces clear liquid. 15 minutes after your first morning dose take 4 tablets with 8 ounces clear liquid. 30 minutes after your first morning dose take 4 tablets with 8 ounces clear liquid.</p> <p>If your procedure is scheduled in the early morning, you'll need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.</p> <p>You may continue to drink clear liquids until 3 hours before your scheduled procedure time.</p> <p>After the procedure you may eat your usual diet unless otherwise instructed Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</p>
Stop herbals, vitamins, and oral iron supplements.	<p>Stop any anti-inflammatory medications (Motrin, Advil, and Ibuprofen) Celebrex and Tylenol are ok to use.</p>	<p>You may apply a petroleum based product of diaper rash ointment to the rectal area if you experience discomfort from the frequent stools.</p>	
Arrange for a driver for your procedure.	<p>Confirm that you have a driver to take you home following your procedure.</p>		<p>Your driver must remain in the waiting room during your procedure.</p>

If you are passing clear liquid the night before your exam, you must still take the morning dose before your exam.

If you think the prep is not working, notify the endoscopy unit at 317-963-4040 or 1-877-962-4040 or call 274-5000 and ask for the GI nurse or Fellow on call.

Clear Liquid Diet

As a rule - if you can see through it, you can drink it.

Gatorade is the preferred clear liquid (no red or purple)

Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide, PowerAde (no red or purple)

Clear soup, broth or bouillon

Popsicles (no red or purple)

Tea or coffee without cream

Hard candies

Soda pop, 7-Up, Sprite, regular or diet Pepsi and Coke, ginger ale, orange soda (no red or purple)

Jell-O (no red or purple)

Research Studies:

Some patients who come to the endoscopy unit are asked to participate in a research study. If you are asked to participate, the study purpose and procedures will be explained to you. You have the right to decline participation. Declining participation will not affect the interest the doctors have in your case. The doctors at the endoscopy center are typically involved in research studies on how to improve endoscopy.

PATIENT NAME _____
APPOINTMENT DATE _____
ARRIVAL TIME _____

After Jan. 15 phone numbers will be changing. Phone numbers beginning with 274 will change to 944. Phone numbers that begin with 278 will become 948. For example, 274-0981 will become 944-0981

REGISTER 4TH FLOOR GI/BRONCH SUITE 4100

YOU WILL RECEIVE A CALL FROM AN AUTOMATED SYSTEM AT LEAST 3 DAYS BEFORE YOUR PROCEDURE TO CONFIRM YOUR APPOINTMENT. PLEASE LISTEN TO THE MESSAGE AND RESPOND ACCORDINGLY.

**PLEASE READ THE ATTACHED INSTRUCTIONS UPON RECEIPT.
FAILURE TO FOLLOW THE INSTRUCTIONS MAY RESULT IN AN INCOMPLETE TEST OR THE NEED TO RESCHEDULE YOUR PROCEDURE.**

****Important****

If you have an implanted electronic device such as a pacemaker, defibrillator or nerve stimulator, it is required that you provide us with the manufacturer, customer service phone number, and diagnosis related to device. Patients with an implanted defibrillator should contact nurses station (317-274-0981) two days prior to appointment and provide this information.

INDIANA UNIVERSITY HOSPITAL
550 N. UNIVERSITY BLVD. UH 4100
INDIANAPOLIS, IN 46202
(317) 274-4782 SCHEDULING
(317) 274-0981 NURSES STATION

THANK YOU FOR YOUR COOPERATION.

PROCEDURE CHECKLIST

- MEDICATION LIST AND HEALTH HISTORY FORMS COMPLETED
- PREP COMPLETED (IF NEEDED)
- DRIVER
- NAMES, ADDRESSES, PHONE AND FAX OF ALL DOCTORS YOU WANT TO RECEIVE A COPY OF REPORT
- COPY OF RELEVANT MEDICAL RECORDS FROM REFERRING PHYSICIAN OR OTHER FACILITIES
- INSURANCE CARDS AND DRIVERS LICENSE/ID
- INFORMATION CARDS FOR IMPLANTED DEVICES SUCH AS PACEMAKER/ICD