



80 LANDINGS DRIVE, SUITE 205, WASHINGTON PA 15301
PHONE: (724) 941-3020 FAX: (724) 426-7713

FLEX SIG INSTRUCTIONS

PLEASE READ THE ENTIRE INSTRUCTIONS AND COMPLETE AS DIRECTED IN THIS PACKET.

DATE: _____

TIME: _____

The facility will contact you on the day before your procedure with your arrival time.

REPORT TO THE FACILITY MARKED BELOW

<input type="checkbox"/>	Washington Hospital – 155 Wilson Avenue, Washington, PA 15301. Report to: Parking Garage Level, Main Entrance, Main Registration
<input type="checkbox"/>	Tri State Surgery Center – 80 Landings Drive, Suite 101, Washington, PA 15301 Report to: First Floor, Suite 101
<input type="checkbox"/>	St. Clair Dunlap Family Outpatient Center – 1000 Bower Hill Road, Pittsburgh, PA 15243 Report to: Dunlap Family Outpatient Center Main Entrance

- **Due to the sedation you will receive, you MUST have someone available to drive you home. If you use transportation, someone must be with you to accompany you after the procedure.**
- **THE DAY BEFORE YOUR PROCEDURE: NO SOLID FOOD AT ALL. YOU MAY HAVE CLEAR LIQUIDS ONLY. PLEASE SEE THE FOLLOWING PAGES FOR CONTINUED INSTRUCTIONS.**

Your body loses significant amounts of fluid during bowel preparation. To prevent dehydration, it is important to supplement that fluid loss with clear liquids. Please make a conscious effort to drink as much water as you can before and during your preparation (until midnight), and after your colonoscopy.

ONE WEEK BEFORE YOUR COLONOSCOPY, PLEASE FOLLOW A LOW-FIBER/LOW-RESIDUE DIET. INSTRUCTIONS FOR THIS DIET ARE ATTACHED (BACK OF SECOND PAGE)

Clear liquids include anything that you see through, including: beef, chicken, vegetable broth or bouillon, apple juice, white grape juice, white cranberry juice, clear sodas (diet or regular, examples: Sprite, 7-Up, Ginger Ale, Cream Soda), Jell-O or popsicles (green or yellow only). Coffee and tea (NO milk or cream, but sugar or sweetener is OK). Avoid any liquid that is orange, red, blue or purple in color. Do not take any gum or chewing tobacco the day of your procedure.

MEDICATIONS/BLOOD THINNERS: ALL MEDS EXCEPT BLOOD THINNERS MAY BE TAKEN AS PRESCRIBED WITH A SMALL SIP OF WATER. PLEASE REFER TO THE CHART BELOW TO SEE IF YOU NEED TO STOP ANY OF YOUR MEDS. YOU MUST CONTACT YOUR PCP/CARDIOLOGIST PRIOR TO STOPPING THESE MEDS. IF THERE IS A PROBLEM, HAVE YOUR DOCTOR CONTACT OUR OFFICE.

PLAVIX, AGGRENOX, EFFIENT, BRILLINTA	STOP 7 DAYS PRIOR
COUMADIN, WARFARIN	STOP 3 DAYS PRIOR
PRADAXA, XARELTO, ELIQUIS	STOP 2 DAYS PRIOR
HEPARIN (SUBCUTANEOUS)	STOP THE MORNING OF



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DIABETICS: IF YOU ARE DIABETIC, YOU MUST CONTACT YOUR PCP OR ENDOCRINOLOGIST FOR DOSING INSTRUCTIONS.

BIOPSIES: The doctor may take a biopsy during your test. If biopsies are taken, you will be called within 7-10 business days after your test if your results are *ABNORMAL ONLY*. We do not call you if the results are normal.

ATTENTION ALL PATIENTS

- PLEASE BRING YOUR INSURANCE CARD, PHOTO ID, AND MEDICATION LIST WITH YOU.
- EVERY FACILITY REQUIRES YOU TO HAVE SOMEONE WITH YOU TO DRIVE YOU HOME.
- IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS AND HAVE NOT INFORMED OUR OFFICE, PLEASE CALL OUR OFFICE AT (724) 941-3020 IMMEDIATELY: MALIGNANT HYPERTHERMIA, WEIGHT OVER 300 LBS, BMI OVER 45, DEFIBRILLATOR, LATEX ALLERGY, PAST ORGAN TRANSPLANT, ON OXYGEN 24/7, NO PERIPHERAL VENOUS ACCESS REQUIRING INSERTION OF A CENTRAL CATHETER, HISTORY OF ANESTHESIA PROBLEMS, NECK/JAW PROBLEMS, DIFFICULT INTUBATION.
- IF YOU HAVE A DEFIBRILLATOR, PLEASE CALL OUR OFFICE AND PROVIDE US WITH THE NAME OF THE COMPANY/MANUFACTURER AND THE MODEL #.
- IF YOU HAVE HAD PREVIOUS ORTHOPEDIC OR A CARDIAC IMPLANT AND HAVE REQUIRED ANTIBIOTICS PRIOR TO DENTAL OR ANY INVASIVE PROCEDURE, PLEASE CONTACT YOUR CARDIOLOGIST, ORTHOPEDIC SURGEON, OR FAMILY PHYSICIAN TO INQUIRE IF ANTIBIOTICS SHOULD BE NECESSARY FOR THIS PROCEDURE.
- IF A BIOPSY IS OBTAINED, YOU WILL BE NOTIFIED OF ANY ABNORMAL RESULTS. WE DO NOT CALL IF YOUR RESULTS ARE NORMAL. HOWEVER, YOU CAN CALL US IN 7-10 WORKING DAYS AFTER YOUR TEST TO INQUIRE ABOUT THE RESULTS.

TRI STATE SURGERY CENTER: Ph: (724) 225-8800

- **Tri State will contact you after 2:00 PM on the day before your procedure** to inform you of your report time. If you are not contacted, please call TRI STATE at (724) 225-8800 ext. 113.
- Tri State is on the **FIRST FLOOR** of the building. It is directly to the left of the front entrance.

ST. CLAIR DUNLAP FAMILY OUTPATIENT CENTER: Ph: (412) 942-4000

- St. Clair Hospital requires you to have someone else available to stay with you for 24 hours after your procedure.

WASHINGTON HOSPITAL: Ph: (724) 223-3786

- Washington Hospital will contact you the day before your procedure to inform you of your report time. If you are not contacted by 3:00 PM on the day before your procedure, please call (724) 223-3786.



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FLEXIBLE SIGMOID INSTRUCTIONS (CONTINUED)

PURCHASE THE FOLLOWING AT ANY PHARMACY

One (1) 10-ounce bottle of magnesium citrate
Two (2) fleet enemas (green and white package)

DIRECTIONS

On the day before your procedure	1. You may have clear liquids only all day. 2. At 2:00 PM, drink one (1) 10-ounce bottle of magnesium citrate (no red)
Before bedtime on the day before of your procedure	3. Use one (1) fleet enema an hour before bedtime.
On the day of your procedure	4. Use one (1) fleet enema 1.5 hours before your appointment.

Important: Please read all instructions.
If you have any questions, please call our office at (724) 941-3020.



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NOTE REGARDING BILLING

PLEASE NOTE THAT MULTIPLE CLAIMS WILL BE SUBMITTED TO YOUR INSURANCE COMPANY FOR YOUR PROCEDURE(S) FROM:

1. THE PROVIDER (DOCTOR PERFORMING PROCEDURE)
2. THE FACILITY (LOCATION WHERE PROCEDURE IS DONE)
3. PATHOLOGY (IF BIOPSIES ARE TAKEN)
4. ANESTHESIA

DIETARY INSTRUCTIONS

IN THE WEEK LEADING UP TO YOUR COLONOSCOPY,
YOUR DOCTOR HAS PRESCRIBED A LOW-FIBER/LOW-RESIDUE DIET.

“Residue” is the word for parts of food, such as fiber, that pass undigested through the bowel. This is what forms stool. Low-residue foods are easily digested and absorbed. They leave the least residue, which results in less stool and a clean prep for your colonoscopy.

- Avoid nuts, seeds, dried fruits, dried beans, and peas.
 - Avoid whole grains and cereals.
- Choose cooked or canned fruits and vegetables over fresh ones.
- Choose white bread, white rice, and products made with refined flour.
 - Drink juices without pulp.
 - Eat tender, well-cooked meals.

ON THE DAY BEFORE YOUR COLONOSCOPY (TIL 5:00PM)
YOU MAY HAVE CLEAR LIQUIDS ONLY. CLEAR LIQUIDS INCLUDE:

- You may have any liquid you can see through that is not red, blue, purple, orange, brown, or black in color.
 - Beef, chicken, and vegetable broth or bouillon
 - Apple juice, white grape juice, white cranberry juice
- Clear sodas (diet or regular) such as Sprite, 7-Up, Ginger Ale, Cream Soda
 - Jell-O and popsicles in appropriate colors (see first bullet)
 - Coffee and tea (NO milk or cream, but sugar or sweetener is OK)
 - Do not use any chewing gum or chewing tobacco