Please note: your arrival time is subject to change based upon the facility’s schedule. You will receive a reminder call approximately two (2) days before your scheduled procedure at which time your arrival time will be confirmed. Please arrive at the time given to you by the facility.

During a flexible sigmoidoscopy exam, a thin, flexible tube (sigmoidoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the rectum and most of the sigmoid colon — about the last two feet (61 centimeters) of the large intestine. If necessary, tissue samples (biopsies) can be taken through the scope during a flexible sigmoidoscopy exam.”

- MayoClinic.org

### Procedure Location
Go to Outpatient Registration at the location indicated below.

- Downtown Endoscopy Center
  700 E. Broad St., 1st Floor
  Columbus, OH 43215

- Westerville Endoscopy Center
  300 Polaris Parkway, Suite 1500
  Westerville, OH 43082

- Riverview Surgery Center
  2401 N. Columbus St.
  Lancaster, OH 43130

- Grant Medical Center
  Surgical & Heart Entrance
  300 E. Town St.
  Columbus, OH 43215

- Other: ______________________
  ______________________
  ______________________

Please note: your arrival time is subject to change based upon the facility’s schedule. You will receive a reminder call approximately two (2) days before your scheduled procedure at which time your arrival time will be confirmed. Please arrive at the time given to you by the facility.

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**Prior to your procedure date:**
Purchase two (2) FLEET enemas over the counter at your pharmacy.

**The night before your procedure:**
Do not eat or drink anything after midnight. This includes water.

**On the day of your procedure:**
1. Do not eat or drink anything.
2. Do not take your medications unless instructed to do so (see medication guidelines on back of sheet).
3. Give yourself one FLEET enema two (2) hours before leaving home.
4. Give yourself the second FLEET enema one hour before leaving home.
**BIOPSY RESULTS**

Call our office 7-10 business days after your procedure to get your biopsy results. Please dial the extension for your physician's medical assistant to receive these results.

- Dr. Gordon Kim (ext. 230)
- Dr. Tasos Manokas (ext. 248)
- Dr. Adam Tzagournis (ext. 222)
- Dr. John Tzagournis (ext. 226)
- Dr. Michael Tzagournis (ext. 225)

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**TRANSPORTATION**

For your safety, you must have an adult accompany you to the procedure and remain at the facility the entire time. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.

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**MEDICATION GUIDELINES**

<table>
<thead>
<tr>
<th>Blood Thinners</th>
<th>Blood Pressure, Seizure, &amp; Heart Medications</th>
<th>Diabetic Medications</th>
<th>Iron Supplements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood thinners (i.e. Coumadin) are stopped four (4) days prior to your procedure. Please talk with your prescribing physician to make sure it is safe to do so.</td>
<td>These medications may be taken 3 hours prior to your procedure with a small sip of water.</td>
<td>These medications are not to be taken the morning of the procedure. You may bring them with you to take after your procedure or take them when you get home.</td>
<td>Iron Supplements must be stopped one (1) week prior to your procedure. This medication makes the colon very dark, so it makes it difficult to see and increases the chances of your physician missing lesions, polyps, etc.</td>
</tr>
</tbody>
</table>

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**Non-Steroidal Anti-Inflammatory (NSAID) Medications & Chronic Pain Medications**

NSAID medications must be stopped 4 days before your procedure. This includes (but is not limited to) Advil, Aleve, Ascriptin, Celebrex, Empirin, Ibuprofen, Motrin, Naprosyn, Piroxicam, Sulindac, Voltaren.

If you need to take any medication for pain, you may take Tylenol (acetaminophen). If you take chronic pain medications, you may take them the morning of your procedure (3 hours before), but it is preferred that you do not since you will be administered pain medications for your procedure.

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If you are unsure about the type of medication(s) you are taking, please contact your pharmacist.