



Welcome to the GI Diagnostic Lab at Froedtert & the Medical College of Wisconsin. The information in this packet will guide you through all the steps involved in your visit.

You are scheduled for a flexible sigmoidoscopy

Date: _____

You will find the following in this packet:

- Appointment Confirmation (page 1)
- Explanation of Procedure (page 2)
- Explanation of Sedation (page 3)
- Preparing for Your Procedure (page 4)
- A map to the GI Diagnostic Lab (page 5)

Please review the information below so that you are prepared for your procedure.

A nurse will call you one week before your procedure. The nurse will review your health history and current medications, and go over the prep instructions. The nurse will answer any questions you have about the procedure.

If you have questions before the nurse contacts you please call **414-805-2499** and leave a message on the nurse line. Your call will be returned by the next business day.

To cancel or reschedule your procedure, call **414-805-2901** "option 2" (Monday-Friday, 8 a.m.-4:30 p.m.). Please call to cancel or reschedule at least 24 hours before your procedure.

You should call your insurance carrier to confirm your benefits before the procedure.

It is our goal to provide you with the best experience when you visit Froedtert & the Medical College of Wisconsin. If at any time we do not meet your expectations, we want to hear from you so we can improve any future care you may need. Thank you for allowing us to be part of your care and for choosing Froedtert & the Medical College of Wisconsin.

Kia Saeian, MD
Medical Director, GI Diagnostic Lab

Curtiss Elliott, RN, MPA
Manager, Gastroenterology

Explanation of Procedure

What is a flexible sigmoidoscopy?

A flexible sigmoidoscopy allows a doctor to examine the lower portion of your colon with a scope equipped with a camera that has a light on it. The scope is connected to a monitor that allows the doctor to view your lower colon while performing the procedure. The procedure will take about 30 minutes.

What can I expect the day of my procedure?

Your procedure will take place in the GI Diagnostic Lab, which is located on the main floor of the hospital. Your procedure will take about three hours from the time you arrive until you are discharged home. First, you will check in at the front desk. Shortly after you complete the check-in process, a nurse will assist you with changing into a hospital gown. Once you have changed, a nurse will take you to the pre-procedure area and review your medical history. An IV will be placed in your arm.

When the physician is ready, you will be taken to a procedure room. You will be attached to a monitor that will watch and record your vital signs. The physician will explain the procedure and answer any questions you may have. You will be asked to sign a consent form allowing the doctor to perform the procedure. The team helping the doctor will position you on your left side. Medications will be put into your IV to help you relax. Once you are relaxed, the doctor will start the procedure by placing a scope into your rectum to view various areas of your lower colon.

What happens after the procedure is over?

Once your doctor has completed the procedure, you will be transferred to the recovery area in the GI Lab. A nurse will continue to monitor your vital signs until it is safe to send you home. Before you go home, the nurse will review your written discharge instructions and provide a brief summary of your exam. If a biopsy was done, the results will be sent to you and your physician within 7-10 working days. You will also receive a phone call from a nurse within a few days after your procedure to see how you are feeling.

Because of the sedation that will be given, you must arrange for someone to drive you home. We will cancel your procedure if you are not able to arrange a ride home. This will be confirmed when you check in for your procedure.

Explanation of Sedation

What is moderate sedation?

Moderate sedation is a very safe and effective way to help a patient relax and stay comfortable during the procedure. Moderate sedation is given by a nurse and doctor during the procedure.

What happens during moderate sedation?

Once you are moved to the procedure room, the nurse will attach you to a heart monitor. An oxygen tube will be placed under your nose. Medicine used to relax you will go into the IV. The medication is designed to decrease your awareness so you will not remember the procedure. The doctors and nurses are trained in moderate sedation, and they will be with you the entire time. Your heart rate, blood pressure, breathing, oxygen levels and alertness will be monitored during the procedure and recovery.

How will I feel with moderate sedation?

You will feel sleepy with the medication, but able to respond. The doctor and nurse can ask questions to see how you feel. You will be able to feel different sensations like hot, cold and pressure. The medication helps you relax, it does not put you to sleep. The goal is to keep you comfortable.

What is monitored anesthesia care (MAC)?

MAC refers to the anesthesia personnel present during a procedure; it does not indicate the level of anesthesia given. Various levels of sedation and analgesia (anesthesia) may be used depending on your condition and the procedure being performed. The use of an anesthesiologist may be indicated if you have certain medical conditions.

What happens after your procedure?

You might feel sleepy, tired or lightheaded, or have a dry mouth. Some people who are very sensitive to the medication can have symptoms of nausea or headache, or may vomit. Many patients do not remember anything that happened during the procedure. The remainder of the day you may continue to feel sleepy, so it is best to rest. No driving or exercise for the rest of the day. Most people have no diet restrictions after the procedure.

Preparing for Your Procedure

How to Prep for Sigmoidoscopy

This procedure requires that you purchase two (2) Fleet[®] enemas before your procedure. You can buy Fleet[®] enemas at your local pharmacy.

Day of procedure: Date _____

- **Do not** eat solid foods eight (8) hours before your procedure
- **Do not** drink liquids four (4) hours before your procedure
- Take your regularly scheduled medications with the exception of blood thinners and diabetic medication
- **At home**, two (2) hours before your scheduled procedure time, use the first Fleet[®] enema

Please follow these instructions:

1. Lie on your left side with knees bent
2. Take cover off tip of enema bottle
3. Insert enema tip into rectum. Squeeze bottle until all the liquid is gone
4. Remove enema tip from rectum
5. Lie on your left side until the urge to have a bowel movement is strong
6. When the urge is strong, go to the bathroom and expel the enema liquid
7. Repeat this process with the second enema about 20 minutes later

Directions to Froedtert Hospital Entrance



Please park in the Parking Area 1 structure.

From Watertown Plank Road:

Turn south on 92nd Street and continue through a stop light at West Connell Court. Turn left at the Froedtert Hospital Entrance, a circular drive. Follow signs directing you to the Parking Area 1 structure.

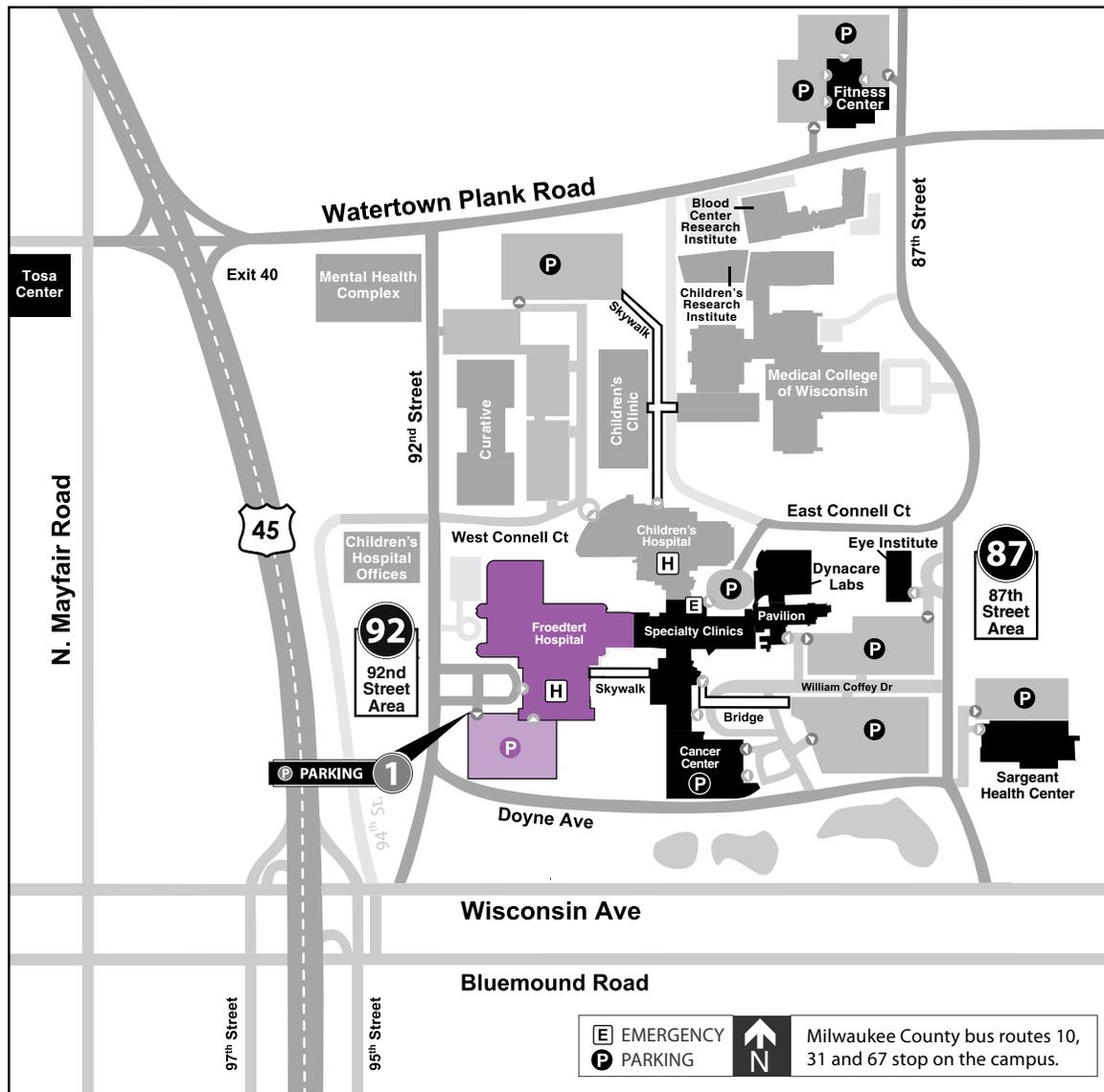
From Wisconsin Avenue:

Turn north on 92nd Street and then right at the Froedtert Hospital Entrance, a circular drive. Follow signs directing you to the Parking Area 1 structure.

Once Parked:

Take the A Elevators to the 2nd floor lobby of Froedtert Hospital.

 Please Note: All of our parking structures and surface lots have accessible parking closest to building entrances. Entrances from our parking structures are all equipped with power doors. For more detailed information visit froedtert.com (Locations & Directions, Transportation and Parking Services).



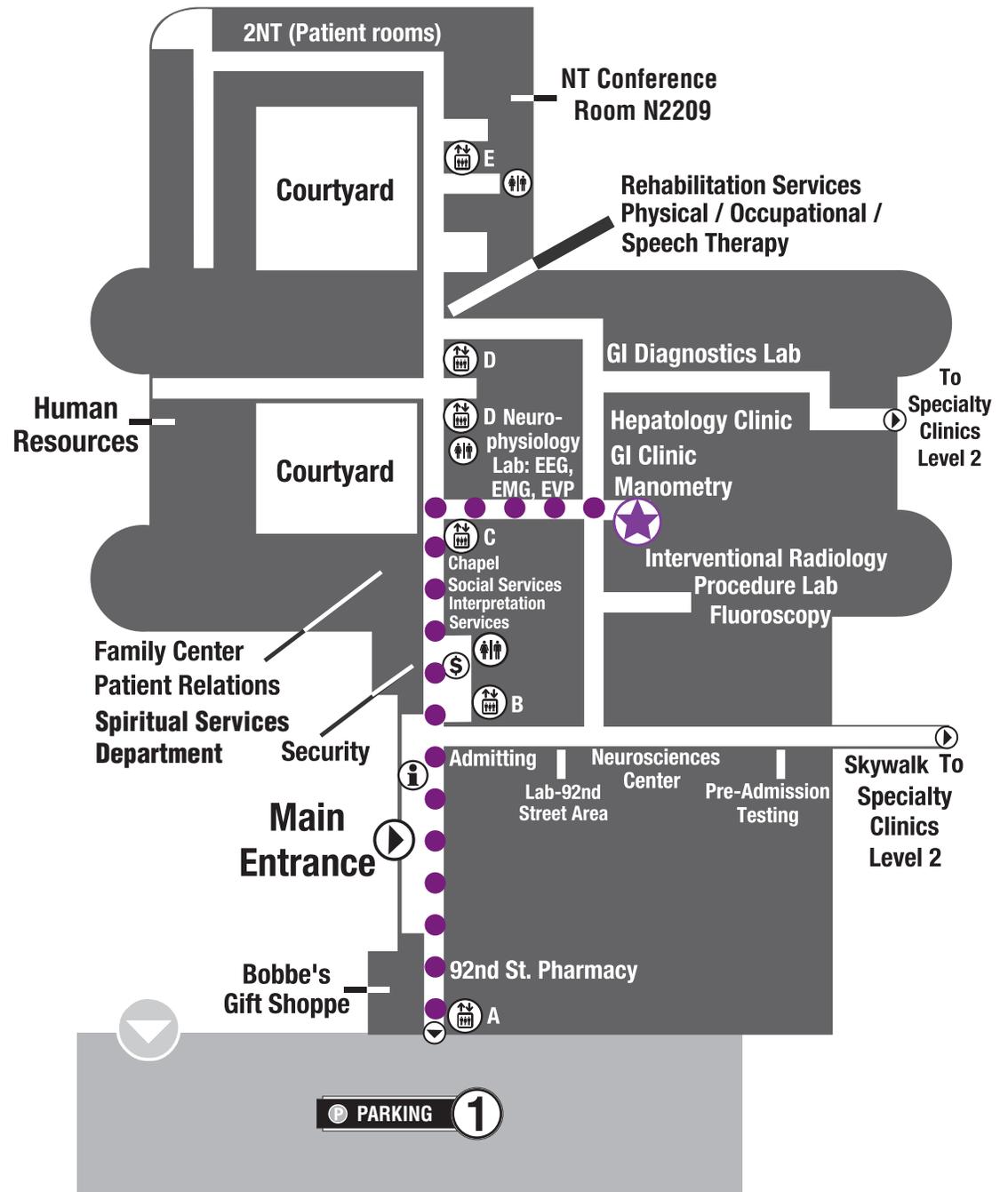
Questions? Call 414-805-3666, toll free 1-800-272-3666 or visit froedtert.com

The Froedtert & The Medical College of Wisconsin mailing address is: 9200 W. Wisconsin Ave, Milwaukee, WI 53226

Directions to GI Diagnostic Clinic

From Parking Area 1 structure.

- Enter Level 2
- Travel through the Froedtert Hospital lobby to the C Elevators
- Turn right at the C Elevators and head to the back hallway
- The check in desk for the GI Diagnostic Clinic is straight ahead



 Please Note: All of our parking structures and surface lots have accessible parking closest to building entrances. Entrances from our parking structures are all equipped with power doors. For more detailed information visit froedtert.com (Locations & Directions, Transportation and Parking Services).

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