

Sigmoidoscopy Preparation Instructions

Stephen P. Laird, M.D.
Robert P. Dolan, M.D.
Kevin S. Sieja, M.D.
Gastroenterology & Hepatology
50 Buck Creek Road, Ste. 200
Avon, CO 81620
970-363-5431

Location:

Vail Valley Surgery Center
320 Beard Creek Road
Edwards, CO 81632
(970) 569-7400

Date of sigmoidoscopy: _____

Appointment time: _____

Check-in time: _____

Doctor: _____

Please note, procedure time is subject to change up until the day before your scheduled procedure date.

Please read entire packet upon receipt to ensure proper planning and preparation for procedure.

2 WEEKS BEFORE PROCEDURE

- **READ PACKET IN ITS ENTIRETY.**
- **ARRANGE TRANSPORTATION:** You must have an adult friend or relative accompany you to your procedure and drive you home after your procedure. **You may not go home alone by taxi, bus, or Uber/Lyft.**
- **REVIEW MEDICATION GUIDELINES SECTION:** Certain medications will need to be held or temporarily discontinued before your procedure. Please consult with your prescribing provider and our clinical staff prior to stopping any medications.
- **REVIEW BILLING/INSURANCE SECTION:** Review the “Billing and Insurance” section to understand what to expect with costs associated with procedure, and questions to ask your insurance.
- **COMPLETE MEDICAL PASSPORT:** Review the “Surgery Center” section and complete your medical passport.

1 DAY BEFORE PROCEDURE

- **START CLEAR LIQUID DIET:** After 4:00pm, you may ONLY consume clear liquids.
- **DRINK MAGNESIUM CITRATE:** 6:00pm-consume magnesium citrate

DAY OF PROCEDURE

- **COMPLETE ENEMAS:** 2 hours before procedure time (NOT check in time)
- **NOTHING BY MOUTH 2 HOURS BEFORE PROCEDURE TIME.**

Sigmoidoscopy Shopping List:

- ☐ **MAGNESIUM CITRATE-** (one 10oz bottle)
- ☐ **FLEET ENEMAS-** (two 4.5oz bottles)
- ☐ **CLEAR LIQUIDS-** (Clear liquids of choice, no red or purple)
- ☐ **WET WIPES AND BARRIER CREAM-** (optional-wet wipes and/or barrier cream such as A&D, Desitin, to relieve irritation)



DAY BEFORE SIGMOIDOSCOPY:

- **4:00PM:** Clear liquids only starting at 4PM-NO SOLID FOOD

Start Clear Liquid Diet: Clear liquids ONLY after 4PM

EXAMPLES OF CLEAR LIQUIDS

CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY



YES — OK TO DRINK

- Water
- Tea and black coffee without any milk, cream, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade with out pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jello-O or other gelatin without fruit; no red or purple dye

NO — AVOID THESE

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Cooked cereal
- Juice, Popsicles, or gelatins with red or purple dye

- **6:00PM:** Drink bottle of magnesium citrate.

MORNING OF SIGMOIDOSCOPY:

- **TWO HOURS** before your procedure time (NOT check in time): Complete the two Fleet Enemas consecutively; following the administration instructions on the enema package.

TWO HOURS before your procedure: STOP DRINKING ALL LIQUIDS. NOTHING BY MOUTH

Medication Guidelines

It is your responsibility to discuss the management of ANY medications you take, at least 2 weeks before the procedure, with your prescribing physician.

Important Health Considerations:

- **If you have an artificial heart valve, pacemaker, internal defibrillator, congestive heart failure, or a diagnosis of A-FIB**, please consult your cardiologist or referring provider, and our clinical team. Clearance may be required.
- **Have you had a joint replacement within the past 6 months?** Please consult with your surgeon regarding specific instructions. Our office will NOT prescribe prophylactic antibiotics. If your surgeon is requesting antibiotics, they will need to prescribe these.
- **Are you on blood thinners or antiplatelet medications?** If you are taking anticoagulants or antiplatelets, please consult with your prescriber to obtain instructions on how to take medication before your procedure. **DO NOT stop taking blood thinners or antiplatelets without consulting your doctor.**
- **Do you take a GLP1 Agonist?** If you take a GLP1-agonist for diabetes or weight loss, please note you MUST stop taking 15 days before your procedure. Please consult with your prescriber prior to stopping medication.

Medication Considerations:

APAs (antiplatelets agents)	
Secondary prevention Aspirin (for patients with stents, CABG, or other vascular disease)	Continue as usual unless instructed to stop by your PCP or cardiologist.
Clopidogrel (Plavix)	Consult your prescribing provider.
ANTICOAGULANTS	
Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Dabigatran (Pradaxa), Enoxaparin (Lovenox), Prasugrel (Effient), etc.	Consult Vail Health Anticoagulation Clinic at: 970.471.4948 OR Consult your prescribing provider
DIABETIC MEDICATION	
Humalog, Novolog, Humulin, lantus, levemir, etc.	Consult your prescribing provider.
GLP-1 agonist (Semaglutide, Ozempic, Trulicity, Victoza, Wegovy, etc.)	Anesthesia requires this be held for 15 days. Consult with your prescribing provider for management.

Medications Not Allowed/Hold	
GLP-1 AGONISTS (INJECTABLE)	
Semaglutide (Ozempic, Wegovy), Tirzepatide (Zepbound, Monjour), Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza, Saxenda), etc.	Stop 15 days before. If taking for diabetes, please consult with your prescriber for management .
SGLT2 INHIBITORS	
Jardiance, Farxiga, Invokana, Brenzavvy, etc.	Stop 72 hours before-consult with prescriber.
ACE INHIBITORS	
Altace (ramipril), Avapro (irbesartan), Benazepril (Lotensin), Enalapril (Vasotec), Lisinopril (Prinivil, Zestril), etc.	Stop 24 hours before (if taking twice daily, may take AM dose the day before).
ANGIOTENSIN II Receptor Blockers	
Atacand (candesartan), Cozaar (losartan), Diovan (valsartan), Olmesartan, etc.	Stop 24 hours before (if taking twice daily, may take AM dose the day before).
BIGUANIDES	
Metformin	Stop 24 hours before (if taking twice daily, may take AM dose the day before).
DIURETICS WITH ACE-1 OR ARBS	
Hyzaar (HCTZ/losartan), HCTZ/benazepril, etc.	Stop 24 hours before.
GLP-1 AGONISTS (ORAL)	
Semaglutide	Stop 24 hours before.
HERBAL SUPPLEMENTS	
Garlic, Ginkgo-biloba, fish oil, etc.	Stop 7 days before surgery.
ANITPLATELETS	
Primary prevention Aspirin (patients with no cardiac/vascular history)	Stop 5 days before.
PHOSPHODIESTERASE INHIBITORS	
Viagra (sildenafil), Cialis (tadalafil)	Stop 48 hours before surgery, unless taking if for BPH, in which case continue as prescribed.
Medication Allowed (continue as usual)	
BETA BLOCKERS	CALCIUM CHANNEL BLOCKERS
Atenolol (Tenormin), Bystolic (nebivolol), Coreg (carvedilol), Labetalol, Metoprolol (Lopressor, Toprol-XL), Propranolol (Inderal, Inderal LA), Ziac (Bisoprolol/HCTZ), etc.	Amlodipine (Norvasc), Bystolic (nebivolol), Felodipine, Lotrel (amlodipine, Benazeprilat), Nifedipine (Adalat, Procardia), Verapamil (Calan, Isoptin, Verelan, Covera), etc.
ANTIARRYTHMICS	GERD MEDICATIONS
Amiodarone (Cordarone), Flecainide (Tambocor), Multaq (dronedarone), Sotalol, etc .	Prilosec (omeprazole), Nexium (esomeprazole), Pepcid (famotidine), etc
DIURETICS (STANDALONE)	NSAIDS
HCTZ, Furosemide (Lasix), Spironolactone), etc.	Ibuprofen, naproxen, etc.
STATINS	THYROID MEDICATIONS
Atorvastatin, simvastatin, rosuvastatin, etc.	Levothyroxine, Synthroid, etc.
MAOIS	OTHER MEDICATIONS
Nardil, Emsam, Marplan, etc. ***Continue as usual, but notify anesthesia the day of your procedure***	Anticonvulsants, antipsychotics, anxiolytics, pain meds, immunosuppressants, Tylenol, suboxone/naltrexone, BPH meds, and asthma meds

Billing Information and Insurance Benefits

You may receive invoices from 4 separate entities associated with your procedure, including:



Professional Charges: This includes billing/fees from the physician performing the procedure. Contact Colorado Mountain Medical (CMM) to discuss the associated fees. Phone: 970-363-5431.



Facility Charges: Edwards Surgery Center is a separate entity from CMM, and therefore you must speak directly with them to obtain information regarding facility fees. Phone: 970-569-7400.



Anesthesia Charges: Anesthesia services are provided by Anesthesia Partners of Colorado. Please contact them directly to discuss fees associated with anesthesia. Phone: 970-315-3858.



Laboratory Charges: If you have a polyp removed or a biopsy, the samples will be sent to Valley View Hospital for analysis. Please contact them directly to discuss fees associated with this analysis. Phone: 970-384-6888.

Contacting Your Insurance Company

As a courtesy, we will call your insurance to verify your potential benefits and to obtain authorization for your upcoming procedure. Please keep in mind that benefits are not a guarantee of coverage. For all procedures, you should be prepared to pay any amount up to your deductible, plus any applicable co-insurance amounts. We encourage you to contact your insurance company directly, to fully understand your benefits and any out-of-pocket costs for your procedure(s).



Correct coding of a procedure is dictated by the ordering provider and your medical history. It is NOT dictated by your insurance company or insurance benefits.

We cannot change or remove diagnosis codes to get procedures covered under your preventive benefits.

Questions to consider when contacting insurance:

- Is the physician, facility, anesthesia, and laboratory in network?
- What is my deductible and how much have I met?

Cancellation Policy

To modify or cancel your appointment, please contact our scheduling team at (970) 363-5431 at least **five days prior to your scheduled procedure** to avoid incurring a **No-Show/Cancellation Fee of \$100**.

Additionally, please ensure that your bowel preparation is complete before arriving at the procedure unit. If the bowel is not adequately cleansed, your procedure will need to be rescheduled to ensure the accuracy and quality of your examination. Contact the surgery center the morning of the procedure if your bowel prep is not complete. Phone: 970-569-7400.

Thank you for your understanding.

Illness Requirements

Patients must be symptom free from any illness 24 hours prior to their scheduled procedure. If the illness is COVID, we ask that you are symptom free for 10 days prior to your scheduled procedure. Or symptoms free 24 hours prior to your procedure AND test negative.

Additionally, all ride/caregivers entering the surgery center must also be free of symptoms of COVID-19, have no positive tests in the previous 10 days, and may not have a test pending.

Procedure Results

Results from your procedure(s) will be communicated via Colorado Mountain Medical's Patient Portal (Please note: This is **NOT** the same application as the One Medical Passport through the Vail Valley Surgery Center). If you do not have an account, please set this up by visiting the following link: www.CMMHealth.org/Portal.

- Click "I need to sign up" this will take you through the account set up. **An access code will be required; this will be the year of your birth. Ex: 1970.**

If you have questions or need additional support with CMMs Patient Portal, please contact:

TECHNICAL SUPPORT

Support Hotline: (888) 670-9775

Email: Patientsupport@FollowMyHealth.com

Knowledge Base: <http://support.followmyhealth.com>

Hours of Service: Monday – Friday, 6 AM – 6 PM MST.



**VAIL VALLEY SURGERY CENTER
EDWARDS**

320 Beard Creek Road
Edwards, CO 81632
Ph: 970-569-7400



Online Patient History Instructions

Welcome to the Vail Valley Surgery Center Edwards. We're very pleased that you and your physician have chosen us to care for you. Our center requests that you fill out your medical history online with **One Medical Passport as soon as your procedure has been scheduled**. Once you do this, a Pre-surgical Planning nurse will be able to access the information you entered and help prepare you for your procedure.

Be sure to have the following information available before starting your Medical Passport:

- Your health insurance information.
- The names, addresses and phone numbers of your physicians.
- A list of all medications you are taking, their dosage and frequency.
- A list of surgical procedures you have ever had and their approximate dates.

Patients can expect a phone call from a Pre-surgical Planning nurse 1-3 days prior to their procedure to review any pertinent information.

If you are not able to complete your history online, please note that you will be required to complete paperwork at registration.

One Medical Passport

New users log into www.onemedicalpassport.com , create an account, user name and complete your health history.

If you have already registered or have an account go to www.onemedicalpassport.com.

Enter the username you created when you registered and click 'NEXT'. Enter your password and click 'NEXT'.

Select the 'Medical Facility and Physician' option and click 'NEXT'. Your previous medical history will populate the form.

Continue to follow the prompts until completed

About [One Medical Passport](#)

Completing a *One Medical Passport* medical history online is easy. For most patients, filling out the entire questionnaire takes less than 30 minutes. Please fill out the questionnaire accurately, and be assured that all of your information is kept confidential and will be thoroughly reviewed by your medical team. At any time, you can quit filling out the questionnaire and come back and complete the unfinished portion at a more convenient time.

One Medical Passport is a website that allows you to enter your information at any time from anywhere. You can also print out a copy of your medical history after you create it online and keep it with you or with your other health care documents, as well as have access to it online anytime you need it or want to update it