



Guthrie Ithaca Gastroenterology
(607) 272-5011

Flexible Sigmoidoscopy Prep Guide

You have been scheduled for a Flexible Sigmoidoscopy

Plan ahead to help reduce your stress: Use these step-by-step instructions for a successful prep so that your doctor can clearly view your colon.

If you have any questions, please contact the Guthrie Ithaca Gastroenterology Clinic at: 607-272-5011.

Health Considerations (review today)

Medications and diagnoses/Patients on blood thinners

- If you use a blood thinner, (ex. Coumadin, Warfarin, Jantoven, etc.) you will need special instructions about stopping this drug before the procedure. The timing of this is very important!
- If you are taking SGLT2 inhibitors, (Brenzavvy, Invokana, Farxiga, Jardiance, etc.) they must be held 4 days prior to your procedure.
- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.
- If you are taking medications such as Ozempic, Wegovy, Trulicity, Mounjaro, Saxenda, Rybelsus: Injectable form must be held for 1 week prior to your procedure and pill form must be held the day of the procedure.

DESCRIPTION:

You will be positioned on your side on an examination table. The doctor will then insert a small and flexible tube-like instrument into your rectum to visually examine your intestine. You may experience some mild discomfort, but the procedure lasts only a few minutes. Please note: some insurance companies may bill the above service as a surgical procedure. Please contact your insurance carrier for coverage details. Precertification may be required for CPT code 43200.

Transportation and Discharge

- You must have a driver 18 years of age or older with a valid driver's license for this procedure.
- You may not take public transportation unless accompanied by someone 18 years of age or older.
- We will not continue with your procedure until we confirm with your driver by talking to them.
- You should plan on being at our facility for a minimum of 2-3 hours for your appointment. Please plan accordingly, as delays may occur.

PREPARATION:

Purchase 2 Fleet enemas over the counter. Do not use any laxatives.

THE DAY BEFORE YOUR PROCEDURE:

- No food after 6:00 pm the evening before the procedure.
- Nothing by mouth after midnight on the night before the exam.
- If your procedure is scheduled to begin in the late morning or afternoon, you may consume clear liquids up to 2 hours prior to your arrival time.

THE DAY OF YOUR PROCEDURE:

- Administer the first Fleet's enema **two hours before** leaving for the exam.
- Administer the second Fleet's enema **one hour before** leaving for your procedure.
- Take all prescription medication(s) with sips of water up to 3 hours prior to scheduled procedure starting time.
- If your procedure is scheduled to begin later in the morning, or after noon, you may consume clear liquids up to 2 hours prior to your arrival time.

Insurance Information

Billing, coverage, and good faith estimate inquiries: Please call 570-887-6520.
for Colonoscopy Patients.

Under the Affordable Care Act, several preventive services such as colonoscopies are covered at no cost to the patient. Guidelines are now available about which colonoscopies are defined as a preventive service (screening).

Guthrie has created this document to sort through some of the confusion.
For billing purposes, the procedure code for a flexible sigmoidoscopy is 45330.