



DAVID L. LIMAURO, MD
MARK A. CEDAR, DO
NICHOLAS BELLICINI, DO
XUONG LU, MD
JUNGMIN LEE, MD
LISA A. OLIVA, DO
THERESA SCHUERLE, DO
BRIDGER CLARKE, MD

Pittsburgh Gastroenterology Associates
2589 Boyce Plaza Road
Pittsburgh, PA 15241
PHONE: 412.232.8104
FAX: 412.281.1898
www.pghgastro.com

Name: _____

You are scheduled for a consultation and **Flexible Sigmoidoscopy** with possible biopsy and/or polypectomy on _____ at _____. Please arrive at the hospital or surgery center no later than: _____. Your procedure is scheduled at:

_____ **South Hills Endoscopy Center.** Report to the reception desk in the main lobby in the front of the building. Parking is free.

_____ **Mercy Hospital.** Report to the Endoscopy and Special Procedures Unit located on the second floor of Mercy Tower. Reduced parking is available in the hospital lot.

_____ **St. Clair Memorial Hospital.** Report to the Dunlap Family Center located on the sixth floor. A van service is available in a limited area around the hospital. Call transportation services through the hospital operator (412-561-4900) to make arrangements.

_____ **Spartan Surgicenter.** Report to the reception desk located on the ground floor of the Spartan Surgicenter Building. Parking is free.

_____ **Penn Highlands Mon Valley.** Report to same day surgery on first floor.

_____ **Waterfront Surgery Center.** Report to the reception desk in the main lobby.

_____ **McCandless Endoscopy Center.** Report to the reception desk in the main lobby in the back of the building.

**Please call 48 hours in advance
if you are unable to keep your appointment**

- Since you will be sedated for this exam, **you CANNOT drive** or operate machinery for 12-24 hours following the test. **You must be accompanied by a companion and make arrangements for transportation** or you will not be given the sedation.
- It is very important that you strictly follow the instruction:
- **As Soon As You Get This Instruction:**
 - Check your medication and make necessary adjustments if you take blood thinners or diabetic drugs (see below).
 - Make arrangements for transportation since you are not allowed to drive due to sedation.
 - Go to pharmacy and buy the following medications (these are over-the-counter medications and you do not need a prescription):
 - One 32 oz Gatorade bottle (not red or purple) and 119 gm (or 1 bottle of 238 gm) of Miralax.
 - Two Fleet Enemas.
- **In the Evening Before the Procedure:**
 - At 5:00 PM, mix and drink 119 gm (or half of 238 gm) of the Miralax in the 32 oz of Gatorade.
 - At 7:00 PM, use one Fleet Enema.
 - Do not have anything to eat after midnight.
- **On the Day Of the Procedure:**
 - Use the other Fleet Enema two hours before the procedure.
 - Nothing to eat or drink before procedure (no candy, cough drops, gum, chewing tobacco or snuff). The exception is your necessary medications (heart, blood pressure, seizure, anxiety, etc) with a small sip of water.
- **Medication Concerns:**
 - If you take **BLOOD THINNERS** like **warfarin (Coumadin)**, apixaban (**Eliquis**), rivaroxaban (**Xarelto**), or others, you will need to contact your prescribing doctor to ask if you can hold this medication prior to your procedure. In general, Coumadin needs to be held for 5 days (need to make arrangements to have clotting tests (PT/INR) done prior to your procedure. This can be done the day before your test), Eliquis 2 days, and Xarelto 2 days. Baby aspirin does not need to be held.
 - If you are diabetic and require **insulin** or **diabetic medicine**, your dose may need to be adjusted because of the dietary changes associated with this test. You will need to contact your doctor that orders your medications for directions.
 - If you take certain injections for diabetes or weight loss such as semaglutide (**Ozempic, Wegovy**), tirzepatide (**Mounjaro, Zepbound**), or dulaglutide (**Trulicity**), you will need to hold dose 7 days prior to your exam (you will need to contact your prescribing doctor if you can hold it).