

Welcome to Central Illinois Endoscopy Center! Thank you for choosing us for your procedure. We appreciate your trust in us and look forward to working with you.

All of the enclosed information is important but we want to draw your attention specifically to the following points:

✓ **PROPER PRE-PROCEDURE PREPARATION** – the main key to a successful procedure is to follow the enclosed prep instructions including the clear liquid diet. These instructions are based on our years of experience on what works best and provides our team with the greatest opportunity for a successful procedure.

✓ **DRIVER** – if you have elected to be sedated for your procedure, you will not be allowed to leave our facility without a driver (**NOT A TAXI**). We require the **driver to be present in our facility during the entire procedure time** (approximately 2 hours from check in to completion). The doctor will need to speak with your driver after the procedure to provide additional information and instructions.

✓ **DO NOT EAT OR DRINK** – Do not have anything by mouth 4 hours prior to the Colonoscopy procedure, nothing by mouth for 6 hours prior to the Upper Endoscopy. (**This includes water**).

✓ **IDENTIFICATION** – Please arrive with your drivers license and insurance card so that they can be scanned for your file.

✓ **UNDERSTANDING YOUR PROCEDURE** – please review the enclosed information about your procedure.

✓ **PREGNANCY TEST** – Any female under age 55, who have not been through menopause, not had a hysterectomy, & has had a menstrual period within the last year will be required to do a urine pregnancy test prior to procedure.

IF YOU HAVE ANY ADDITIONAL QUESTIONS PLEASE CALL THE ON CALL PERSON FOR THE CENTER AT 309.370.6838.

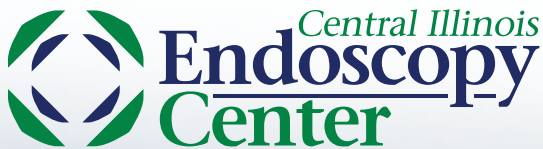
YOUR PROCEDURE IS SCHEDULED AT:

CENTRAL ILLINOIS ENDOSCOPY CENTER
Illinois Medical Center | 1001 Main St., Suite 500B, Peoria, IL 61606

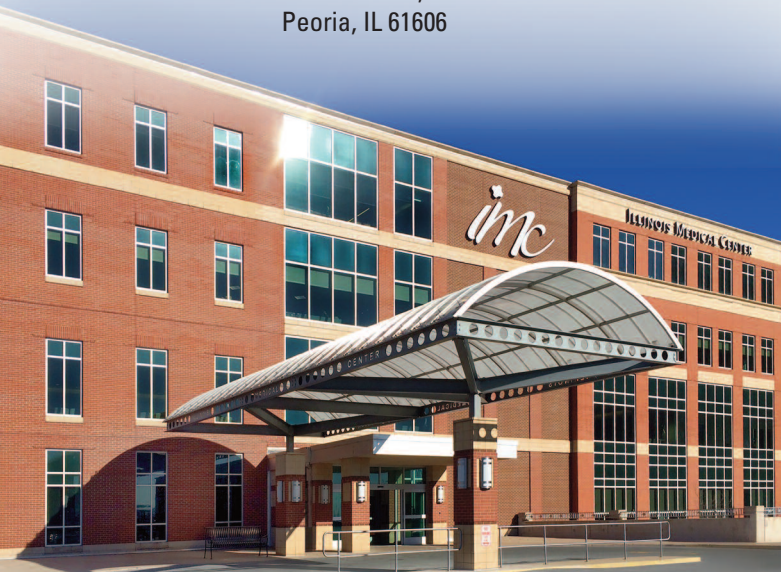
WITH DOCTOR:

DATE:

PLEASE ARRIVE ON TIME AT:



Illinois Medical Center
1001 Main St, Suite 500B
Peoria, IL 61606



Your First Step in Colon Cancer Prevention

**TIME SENSITIVE
PROCEDURE
INSTRUCTIONS
OPEN IMMEDIATELY.**

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options.

STEP 1 7 DAYS BEFORE PROCEDURE

1

- Avoid foods that contain Olestra/Olean (ex: fat free potato chips).
- Avoid foods that have seeds, nuts, lettuce, cabbage, corn and beans.
- Stop fiber supplements.
- Purchase at pharmacy: (Supplies may be purchased without a prescription)
Dulcolax suppository
Fleet Enema (2 needed)
- If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.

If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet.

STEP 2 DAY BEFORE PROCEDURE

2

- Insert one Dulcolax suppository rectally at 6:00 p.m. on the night before the exam.

STEP 3 DAY OF PROCEDURE

3

- One hour before your appointment time on the day of your procedure, take one Fleet enema. Hold for five or ten minutes, then expel.
- After expelling first enema, repeat with a second Fleet enema.
- You may continue your usual diet with this preparation, unless your preparation is scheduled with **sedation**. If your procedure is scheduled with sedation you are to have **nothing by mouth six hours prior** to your procedure.

STEP 4 6 HOURS BEFORE PROCEDURE DO NOT DRINK ANY FURTHER FLUIDS.

4

- 2 hours before your procedure, take heart and blood pressure medication with a small sip of water.
- Please do not apply lotions, perfumes or cologne the morning of your procedure.
- **Females may be required to do a urine pregnancy test prior to the procedure. Please inquire (about test) at the desk upon arrival or before using the restroom.**

You should take your heart medications (excluding Plavix), blood pressure medications, and medications for lung problems on the day of the exam with a sip of water. All other medications should not be taken until after the procedure

You **may** continue taking aspirin and aspirin products unless specifically instructed not to by your physician. Do **not** stop taking prednisone, methotrexate or Enbrel.

If you are unsure about taking any medication in conjunction with your procedure, please do not hesitate to call our Intake nurse at (309)370-6838.

You must have someone drive you home if having sedation. You may not go home by bus or taxicab

TIPS FOR IMPROVED BOWEL PREP: TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS:

- Apply diaper rash cream/zinc oxide **LIBERALLY** after each trip to the bathroom
- Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
- Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)
- Have reading material handy in the bathroom, MP3 player, iPod, etc.

FREE MOBILE APP AVAILABLE

Our FREE app makes preparing for your upcoming procedure, and staying in touch with our practice, easier than ever. **Please visit your favorite app store, search CIE and locate the icon shown here.**

