

The logo consists of a dark blue rectangle with the letters 'SWE' in white, bold, sans-serif font. The rectangle is flanked by two thin white horizontal lines above and below it.

**SWE**

# Flexible Sigmoidoscopy Prep

**Location: Southwest Endoscopy**  
**7788 Jefferson St NE, Albuquerque, NM 87109**  
*Please call to confirm appointment 505-999-1600*

**The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach your physician's office at: 505-999-1600

**NO SHOW FEE:** Any patient who fails to keep their scheduled procedure will be charged a \$150.00 fee. The fee must be paid prior to rescheduling any appointments.

**Cancellations:** must be made 4 business days prior to your scheduled procedure. Any cancellation made less than 4 business days will be charged \$150.00.

**Changes in Health Status:** Please contact our office for evaluation if you have had any significant changes in your health status between the time your procedure was scheduled and your procedure date. Significant changes can include a heart attack or starting a new anticoagulant (blood thinners). Please also contact our office if you develop or are experiencing flu-like or COVID related symptoms.

Examples of blood thinning medication include; Arixtra (fondaparinux), Beryxxa (betrixaban), Brillinta (ticagrelor), Coumadin (warfarin), Effient (prasugrel), Eliquis (apixaban), Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa (edoxaba), Ticlid (ticlopidine), Xarelto (rivaroxaban)

If you recently started taking any medications listed above, please contact our office immediately at 505-999-1600.

**At least one day prior to your procedure, purchase the following:**

- **(3) Water-based or saline-based “FLEET ENEMAS”; no prescription is needed.**



**Follow the steps below to make sure that your colon is as clean as possible before your Flex-sigmoidoscopy.**

**Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.**

### **Day of your procedure**

1. Approximately one hour before leaving home, begin use of the three fleet enemas.
2. Hold each enema for 10 minutes or as long as possible.
3. Space each enema 10 to 15 minutes apart.

**Call us at 505-999-1600 if you are unable to administer the enemas at home so we may assist you when you check-in.**

## THE DAY OF YOUR PROCEDURE

All patients must check in for their procedure 60 minutes before the procedure time. For example, if your procedure is set for 7 a.m., please check in at 6 a.m., as our office opens at 6 a.m. Please allocate 2-3 hours for your visit.

**You must start drinking the second dose of the prep 8 hours before your procedure and then have nothing by mouth for 6 hours before your procedure.**

TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED **WITH A SMALL SIP OF WATER** (no more than 2oz) NO LATER THAN 2 HOURS PRIOR TO YOUR PROCEDURE OR YOUR PROCEDURE WILL BE CANCELED. YOU CANNOT HAVE CHEWING GUM, HARD CANDY, OR TOBACCO PRODUCTS THE DAY OF YOUR PROCEDURE.

**You must arrange to have a responsible adult (18 or older) come with you to your procedure to drive you home.** You cannot drive, take a bus, or leave the facility alone. Your driver does not need to stay at our facility during your procedure but needs to remain reachable by phone. The staff will call your driver 30 minutes before you are ready to be discharged

- You will need your current insurance card, picture ID, and copayment.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

**Your Patient Advisor will call you from a 913 area code to assist you with your preparation information. You can also choose to order a prep kit during the call (this is not required). You may decide to purchase your prep items over the counter. If you have any questions or concerns about the preparation, feel free to ask during the call.**

**Please contact Your Patient Advisor by calling 800-349-0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).**

### **Your Patient Advisor Customer Service Hours:**

Monday through Thursday from 6:00 am -9:00 pm MT

Friday from 6:00 am - 4:00 pm MT

Saturday from 9:00 am - 3:00 pm MT

Sunday from 11:00 am - 7:00 pm MT