

## GASTROENTEROLOGY MORE THAN SIGMOIDOSCOPY

Our gastroenterologists treat many types of digestive conditions. Call us to schedule a visit!

**Here are just a few of the digestive conditions our gastroenterologists address:**

- Diarrhea or constipation
- Heartburn or reflux
- Rectal bleeding or black stool
- Difficulty swallowing or dysphagia
- Unintended weight loss or loss of appetite
- Abdominal pain or bloating
- Eating difficulties

**Some diseases we can help you manage:**

- Reflux and Barrett's Esophagus
- Ulcerative colitis, Crohn's disease, other inflammatory bowel diseases
- Diverticulosis and diverticulitis
- Irritable bowel syndrome (IBS)
- Liver diseases, such as hepatitis and cirrhosis
- Pancreatic diseases
- Celiac sprue (bread/wheat/pasta autoimmune condition)

**We also perform other procedures:**

- Upper endoscopy for the esophagus, stomach & duodenum
- Colonoscopy for cancer screening & to diagnose colon abnormalities
- ERCP to access the liver & gallbladder drainage system
- Video capsule (pill camera) endoscopy to image the small intestine
- "Bravo" acid measurement probe via upper endoscopy

### YOUR PROCEDURE IS SCHEDULED FOR:

\_\_\_\_\_

**Date                      Time**

- Bret Ancowitz, MD
- Thomas Dunzendorfer, MD
- Phani Molakatalla, MD

**Please arrive at \_\_\_\_\_ A.M./P.M.**

**Please check in on the day of your procedure at:**

Heywood Hospital  
242 Green Street  
Gardner, MA 01440

Please enter through the Main Entrance and proceed to Surgical Day Care.

### Heywood Gastroenterology

Bret Ancowitz, MD  
Thomas Dunzendorfer, MD  
Phani Molakatalla, MD

250 Green Street  
Suite 104, Medical Arts Building  
Gardner, MA 01440  
978-669-5522

[www.Heywood.org/Services/Gastroenterology](http://www.Heywood.org/Services/Gastroenterology)



## Sigmoidoscopy Instructions with 2 Day Clear Liquid Diet

 **Heywood Healthcare**  
Athol Hospital | Heywood Hospital | Heywood Medical Group

## 14 DAYS PRIOR

- Arrange for transportation.
- Review your instructions.

## 7 DAYS PRIOR

- Stop taking iron (ferrous sulfate) 7 days before your colonoscopy.

**Please call your prescribing provider if you take one of the following blood thinners, as they may make changes for you prior to a colonoscopy:**

- Coumadin (Warfarin)
- Plavix (Clopidogrel),
- Aggrenox Ticlid (Ticlopidine)
- Pradaxa (Dabigatran)
- Effient (Prasugrel)
- Brilinta (Ticagrelor)
- Eliquis (Apixaban),
- Xarelto
- Lovenox injections must be stopped 24 hours prior to your procedure

If you have diabetes, please contact the provider who manages it for you to review diet and medication modifications prior to your colonoscopy.

**Do not stop any prescription medication other than those listed above.**

## 3 DAYS PRIOR

- Stop eating seeds, peels, corn and salads.
- **Confirm your transportation!**

### Purchase the following:

- 1 bottle, 8.3 oz (239 gm) polyethylene glycol 3350 (Miralax)
- 1 64 oz bottle of clear, flavored liquid
- The clear, flavored liquids can be water, flavored water, sports drinks (Gatorade/Powerade), or lightly colored juices (apple, white/clear grape, or lemonade all without pulp). No red colored liquids.

## 2 DAYS PRIOR

- Consume clear liquids throughout the day to stay hydrated.
- No solid food, clear liquid diet only

### Clear Liquid Diet:

- Jell-O
- Clear broth or bouillon
- Coffee or tea with sugar and honey (no milk or cream)
- Clear, pulp free fruit juices (i.e. apple, cranberry, grape)
- Carbonated drinks (i.e. Sprite, ginger ale, 7UP, Pepsi)
- Water
- Do not consume any red colored liquids, alcohol, milk products, orange juice, chalky antacids.

### At 5:00 P.M.

Mix the 238 gm bottle of polyethylene glycol 3350 (Miralax) powder into 64 oz container of clear beverage and drink slowly over a 2.5 hour period.

## PROCEDURE DAY

**3 hours before your procedure:  
NOTHING BY MOUTH**

- NO gum
- NO smoking
- NO liquids

Take your usual morning medications with a small sip of liquid (except for iron and anything which you have been asked to stop). If you need any of the following medications, make sure you take them:

- Cardiac (heart)
- Seizure
- Blood pressure
- Asthma medications & inhalers

**ARRIVE 1 HOUR PRIOR to your procedure time:**

Please be aware that you may be at our facility for 2-4 hours. Your transportation must be available to pick you up at any time within that range upon a call from Surgical Day Care.

**A NOTE REGARDING SEDATION:  
Most people undergo this procedure without sedation. If you think you will need sedation, please note the following requirements:**

- Heywood & Athol Hospitals REQUIRE you have a ride home following sedation, you may not take a taxi home without an accompanying adult. You may NOT walk or drive yourself home.

**If you feel you may need sedation, please notify us immediately at 978-669-5522.**