

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
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- 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.



Sigmoidoscopy Instructions with 2 FLEET Enemas

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

14 DAYS PRIOR

- 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 sigmoidoscopy:

- 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

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

Purchase the following:

- Buy two (2) bottles of FLEET enemas (green and white box).
- FLEET enema is a brand of enema, which is available in most pharmacies without a prescription.

PROCEDURE DAY

2 hours before your leave your home for the procedure:

- Please use two FLEET enemas by following the instructions on the package insert carefully to ensure a successful test
- Once the **FLEET** enemas are given, **DO NOT EAT OR DRINK UNTIL THE TEST HAS BEEN COMPLETED.**

Take your normal medication with a sip of water. Please bring a list of current medications.

If you have diabetes:

If you take insulin in the morning, take one-half dose of insulin on the morning of the procedure.

If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.

Please check your blood sugar level in the morning and if it is low or if you feel shaky, drink apple juice, sports drink or soda.

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.

Call our office at 978-669-5522 with any questions, to cancel or reschedule your procedure.

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.
- You must have an empty stomach for the procedure if you proceed with sedation. You may not consume solid food within eight (8) hours of your procedure.
- You may have clear liquids only up until two hours prior to your procedure.

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.

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