

Poneh Rahimi, MD
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SIGMOIDOSCOPY

Appointment Date: _____

Arrival Time: _____

Place of Service: _____

What is a Sigmoidoscopy?

The procedure involves inserting a flexible tube into the rectum and passing it to sigmoid colon for a direct visualization of the colon.

PLEASE FOLLOW ALL PREP INSTRUCTIONS GIVEN TO YOU BY DR. RAHIMI'S OFFICE.

1. **You will need a driver to take you home.** You will be given sedation which will make you unable to drive yourself. (No taxi cabs allowed.)
2. **Please inform us of any drug allergies**, or if you are taking blood thinning medication (Coumadin, Lovenox, Heparin injections, Aspirin, or Trental), or have an artificial heart valve, pacemaker, implanted defibrillator, mitral valve prolapse, or joint replacements. Antibiotics are no longer recommended for a simple mitral valve prolapse or joint replacements.
3. **Continue taking any routine heart or blood pressure medication you may be currently on, both during the preparation time and the day of the procedure.**
4. **If you are an insulin-dependent diabetic**, please consult your primary care doctor or endocrinologist about insulin dosage during preparation periods and the day of the exam.
5. **STOP TAKING ASPIRIN, IBUPROFEN, ALEVE, ADVIL OR ANY OTHER BLOOD THINNING MEDICATIONS (Coumadin, Lovenox, Heparin injections, Aspirin, or Trental.) (Tylenol is ok.)** ** If you are taking Coumadin, or other blood thinners, they need to be stopped 5 days prior to your procedure. Note that there is possible risk for stroke while one is off of Coumadin, or other blood thinning medication, so please contact your prescribing doctor for further instructions before stopping these medications.