GASTROENTEROLOGY
(303) 440-3223

Boulder Medical Center

Flexible Sigmoidoscopy Procedure Instructions

Please carefully read through the instructions below to prepare for your procedure.
If you have questions, please call us at (303) 440-3223, Mon - Fri 8am - 4:30pm. **DO NOT REPLY TO THIS MESSAGE.**

You will receive an automated text or email communication one week before your procedure prompting you to review the instructions below.

Your procedure will be performed at the Boulder Medical Center Ambulatory Surgery Center located on the 2nd floor at 2750 Broadway in Boulder.

TIMELINE

FOR PATIENTS NOT RECEIVING SEDATION:

2 Fleet Enemas need to be purchased over the counter. This is your prep. Please follow our instructions below.

- **Morning of your exam:** Eat regularly. Take your medications
- **One hour prior to exam:**
    1. Give yourself the first Fleet enema - **hold as long as possible**, then expel
    2. Immediately after, give yourself the second enema - **hold as long as possible**, then expel
- Arrival time: 45 minutes before the procedure
- Departure time: 45 minutes after procedure

FOR PATIENTS RECEIVING SEDATION:

2 Fleet Enemas need to be purchased over the counter. This is your prep. Please follow our instructions below.

- **12:00 am (night before):** No Food after midnight. You CAN drink ONLY clear liquids.
- **Three hours prior to your exam: NPO- no food or water.**
- **One hour prior to your exam:**
    3. Give yourself the first Fleet enema - **hold as long as possible**, then expel
    4. Immediately after, give yourself the second enema - **hold as long as possible**, then expel
- Arrival time: 45 minutes before the procedure
- Departure time: 45 minutes after procedure

INSTRUCTIONS

Upon arrival, please check in at the reception desk located in the Gastroenterology waiting room on the second floor. Be sure to bring your insurance card.

FOR PATIENTS NOT RECEIVING SEDATION:

Boulder Medical Center

Broadway	Avista	Foothills	Longmont	Erie
2750 Broadway Boulder, CO 80304 303-440-3000	*80 Health Park Dr* *Ste 100* *Louisville, CO 80027* *303-673-0448*	*4745 Arapahoe Rd* *Ste 200* *Boulder, CO 80303* *303-938-4700*	*1551 Professional Ln.* *Ste 240* *Longmont, CO 80501* *303-938-4710*	*80 S Briggs Rd Ste 105* *Erie, CO 80516* *Peds 303-673-0448* *FP 303-440-3102*

- You will be receiving intravenous (I.V.) anesthesia for your procedure.
- You may not drive or return to work on the day of your procedure.

After the procedure, you will recover in the Ambulatory Surgery Center (ASC) recovery unit until the sedation wears off. Most patients are discharged approximately 1.5 hours after arrival.

If you receive anesthesia, you cannot drive for the rest of the day. For your safety and due to liability reasons, an adult must pick you up in person and sign discharge paperwork before you can leave the facility. **Rideshare services (Uber, Lyft), taxis, or buses are not permitted** unless you are accompanied by a friend or family member. Medical transportation services such as Dignity Care are acceptable alternatives. If you are unable to provide appropriate transportation details at check-in, **your procedure will be canceled**.

In the event a polyp is removed, you may be advised to remain in town for up to three days following the procedure.

Reschedule or Cancellations
To reschedule or cancel your appointment, please call (303) 440-3216. Cancellations must be made **at least four (4) business days before the procedure** to avoid a $250 cancellation fee.

For medical questions related to your procedure or preparation instructions, contact the ASC at (303) 440-3223.

Insurance Coverage
If the sigmoidoscopy is being performed to evaluate a problem or symptoms, or if a problem is found, your insurer will generally cover the charge.

- Medicare will pay for a screening sigmoidoscopy (if done as part of a physical examination) once every four years.
- Many insurers may decline to pay for sigmoidoscopies done for routine colon cancer screening where no disease is discovered. Our office can provide you with the cost of the procedure.

Pre-Certification vs. Covered Benefit vs. Covered Payment
Pre-certification is a requirement for most insurers, notifying them that a medical procedure is being scheduled. This gives them the opportunity to deny the procedure if they choose.

Pre-certification of this procedure with your insurer will be performed by our office. Pre-certification does NOT determine that a medical procedure is a "covered benefit" under your policy.

Although your insurance provider may issue a "pre-approval" based on the information submitted during our pre-certification process, **this does not guarantee how much of the procedure will be**

covered or how much you may be responsible for paying. Final coverage and out-of-pocket costs for GI procedures are often not determined until after the procedure is completed.

A procedure initially scheduled as a routine screening may be classified as diagnostic—or vice versa—depending on the findings and actions taken by the physician during the procedure. As a result, we are unable to confirm in advance whether your insurance will categorize your procedure as screening or diagnostic, or what the exact cost to you will be.

Medicare Patients
We do have benefit information available, but you may still need to call your secondary carrier. Medicare has very specific rules as to timing of colonoscopy procedures. Please be sure yours will be a "covered benefit" by calling 1-800-MEDICARE.

If you wish to proceed with a test that is not a covered benefit, then you will be asked to sign a waiver accepting personal responsibility for payment.

Please call your insurance company with any questions you may have concerning coverage and payment.

Understanding a Flexible Sigmoidoscopy
Flexible sigmoidoscopy is the visual inspection of the last 60 cm of the rectum and colon, using a thin, flexible instrument equipped with a light source. The endoscope is designed with an inner channel which permits the collection of biopsies and removal of polyps when indicated.
Sigmoidoscopy is an integral part of routine colon cancer screening and is also useful for evaluating lower colon lesions.

Procedure
The procedure is performed in the procedure room. Using dial control to maneuver the instrument, the endoscope is advanced from the rectum through the curved initial portion of the large bowel, and, in most cases, the full 60 cm can be inserted.

The procedure usually takes approximately 5 minutes. Patients may resume normal activities immediately after the procedure.

Pain
Patients may experience mild discomfort, and cramping may be felt during the exam. There is no anesthesia used for this exam.

Results
The findings will be reviewed with you at the completion of the procedure before leaving the office. If biopsies are taken, the results should be available in 1 week.

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Risks

There are two potential complications: bleeding and perforation of the colon. The risk of any complications occurring is extremely low — less than 1 in 2,000. Most complications can·be safely managed medically, although surgical intervention can occasionally be required.