

DR. CHRISTOPHER ABRASLEY, DR. C MARK RIGGENBACH

Flexible Sigmoidoscopy (Flex Sig) Instructions:

APPOINTMENT DATE: 	APPOINTMENT TIME: Emerald Coast Surgery Center will call 2 DAYS PRIOR with arrival time	Location: Emerald Coast Surgery Center , 995 Mar Walt Drive, Ft Walton Beach, Phone: (850) 863-7887
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Pre-Registration:

At least 7-10 days prior to your procedure, pre-register at www.emeraldcoastsurgerycenter.com . If you do not have computer access, you may register by phone when the surgery center calls with your procedure time.

Financial:

The Emerald Cost Surgery Center will bill your insurance for facility fees & anesthesiologist fees. You may contact the Emerald Coast Surgery Center, 7-10 days in advance to discuss your out-of-pocket expenses, if applicable (850)863-7887.

Cancellations/Rescheduling:

Our goal is to provide quality individualized medical care in a timely manner. Late cancellations and reschedules create inconvenience and prevent scheduling of other patients who need access to medical care in a timely manner. We understand situations that arise when you may need to cancel your appointment or reschedule and we appreciate at least **a 72 hour advance notice** when that happens. This helps us be respectful of other patients' needs and enables us to give the appointment time to another patient who needs to see us. Patients will be charged a \$250.00 administration fee (for any NO SHOW occurrence) for a visit that includes a scheduled medical procedure. This fee is non – refundable by your insurance company.

Flex sig Instructions/Checklist

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| <ul style="list-style-type: none"> <input type="checkbox"/> Do not eat after midnight <ul style="list-style-type: none"> <input type="checkbox"/> Perform one fleets enema one hour before leaving home for the procedure <input type="checkbox"/> Perform a second fleets enema ½ hour before leaving home for the procedure <input type="checkbox"/> Bring someone with you to drive you home after. You will be sedated for the procedure and will not be able to drive yourself. Taxi, Uber, and public transportation are NOT permitted |
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If you have any issues completing the instructions, call the procedure scheduling line at: 850.863-8260 opt #3

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Understanding a flex sig

What is flexible sigmoidoscopy?

Flexible sigmoidoscopy allows inspection of the lining of the rectum, anus and lower part of the colon. It uses a flexible tube with a 'video camera' at the tip. The instrument is about 1cm in diameter.

What preparation is required? Your doctor will tell you what preparation is required. However, if your doctor plans to give you sedation for the procedure you will need to have an empty stomach. This will require fasting for 6 hours prior to the procedure. Usually, a small enema (a solution that is inserted into the rectum to clean the lower bowel) is the only preparation and it is given just before the procedure. Occasionally your doctor may decide not to use any preparation. It is unusual to require a full bowel clean out prior to this procedure.

Should I continue my current medications? Most medications can be continued as usual. Inform your doctor about medications that you're taking - particularly blood thinning medications such as warfarin, aspirin, persantin, Plavix or Iscover.

What can I expect during flexible sigmoidoscopy? You will lie on your side while your doctor advances the endoscope through the rectum and colon. You might experience a feeling of pressure, bloating or cramping during the procedure. This is normal.

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