

BRYN MAWR MEDICAL SPECIALISTS ENDOSCOPY CENTER
610-525-9570 (FAX 610-527-8805)

**FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS
WITH ANESTHESIA**

The Endoscopy Center is located in the **Bryn Mawr Medical Arts Pavilion**, across the street from the Warden Lobby of Bryn Mawr Hospital.
825 Old Lancaster Road
Suite 330
Bryn Mawr, PA 19010

Five (5) days prior to procedure

- Please review the **Pre-Procedure Instructions** for **IMPORTANT** information regarding diet, medication, and lifestyle alterations that may affect your Prep.
- Please take the time to sign in to and complete the **online health history questionnaire**. The link should have been sent to your email address from noreply@bmmsa.com. If you are unable to sign in to the online health history questionnaire or have technical difficulties, an Endoscopy nurse will call you a day or two prior to your procedure to answer these questions over the phone.

Evening before exam

- **Clear liquid dinner - no solid food.** You may have water, Gatorade, Propel, black coffee, tea, apple juice, white grape juice, Jell-o (without fruit pieces or red/purple food coloring), water ice, popsicles, chicken or beef broth/bullion, and soda.
- **NO RED or PURPLE liquids.**
- Drink One (1) chilled bottle of Magnesium Citrate between 4:00 and 6:00 P.M.
- If you vomit your prep or have other medical concerns, please call the Physician on-call at (610) 525-9570.

Morning of the exam

- **Clear Liquid Diet** up until 4 hours prior to your procedure. Then nothing by mouth.
- Use One (1) Fleet Enema One (1) hour prior to leaving home.

PLEASE NOTE: BECAUSE YOU ARE RECEIVING ANESTHESIA.

- Make arrangements for a ride home from the Endoscopy Center. You are not permitted to take a cab or Uber ride home, unless you are accompanied by a responsible adult (family or friend).
- **Your driver must be present in the Endoscopy Suite at the time of your discharge.**
- **You are not to eat after midnight prior to your exam.** This includes chewing gum and mints. You may have clear liquids up to 4 hours prior to your exam.
- **Refrain from all cannabis use after midnight prior to your exam.**

If you have any further questions or concerns or need to speak with the Endoscopy Center, please call 484-380-2880.

Visit our website at www.BMMSA.com/Endoscopy



Bryn Mawr Medical Specialists Endoscopy Associates

We are located at:

Bryn Mawr Medical Specialists Endoscopy Center
Located in the Bryn Mawr Medical Arts Pavilion
825 Old Lancaster Road Suite 330
Bryn Mawr, PA 19010

Please bring your photo ID and insurance card on the day of your procedure. If your insurance plan requires us to collect a copay or you have not met your deductible, you will be expected to make payment on the date of your procedure. You will be notified at least one week prior to your appointment of your copay amount or deductible payment requested.

Please help us to serve you better by keeping your scheduled appointment or by contacting us within 24 hours of your scheduled appointment to re-schedule. **Failure to show for your procedure or cancelling your procedure less than 48 hours from your appointment time may result in a \$100 fee.**

You will be receiving a text message and an **email with instructions** to sign in to our patient engagement system. Please Note: This is not the same as our BMMSA patient portal or Main Line Health's my chart. This is specifically to enable you to answer questions related to your Endoscopy procedure. It will prompt you to setup a username and password which requires you to access a temporary password that will be emailed to you. This temporary password expires after a period of time so it must be entered and changed as soon as you receive it. If you have technical difficulties, no worries. We will call you a day or two before your procedure and review these questions over the phone.

PREPARING FOR YOUR UPCOMING PROCEDURE

You will be under sedation for your procedure. It is a Federal Requirement that you get a ride from a family member or responsible adult. You are not permitted to drive until the day following your procedure.

- You may NOT take an Uber, Taxi, or Bus home after your procedure, unless you are accompanied by a responsible adult.
- You may NOT walk home after your procedure unless you are accompanied by a responsible adult.
- Please make necessary arrangements in advance or speak with our office regarding ride concerns.
- Your driver must be present at the **time of discharge**.

SPECIAL INSTRUCTIONS REGARDING MEDICATIONS

- **REFRAIN FROM CANNABIS USE AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE**
- If you take the **blood thinning medications** such as Coumadin (Warfarin), Plavix, Xarelto, Eliquis, Pradaxa, Plavix, Effient, etc., you must speak with your Cardiologist and receive special instructions to hold this medication. If you take Aspirin because you have risk factors for coronary artery disease or stroke, **DO NOT** stop taking **ASPIRIN**.
- Stop taking the following medications 5 Days prior to your procedure: Vitamins, Herbal supplements, Ibuprofen (Advil, Motrin) or Aleve.
- If you use inhalers, please continue to use your inhalers as directed and bring them with you.
- If you are **diabetic**, please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications may be required.
- If you are taking **Glucagon-like (GLP-1) receptor agonists** such as Ozempic, Wegovy, Mounjaro, etc, you must hold doses prior to your procedure date. If you are taking a daily dose, hold this medication for 2 days prior to procedure day. If you are taking a weekly dose, hold for at least 1 full week prior to your procedure date. Ask for additional documentation for specific medications in this category.



- It is important to inform us of any new medical conditions. This may impact your ability to receive anesthesia in our Ambulatory Surgery Center. New cardiac symptoms may require **cardiac clearance**. Please contact us!
- If you have an infection and are on antibiotics or need antibiotics, you may need to reschedule your appointment. You will not be able to receive anesthesia if you have an **active infection**.

THE DAY OF YOUR PROCEDURE THE FOLLOWING MEDICATIONS MAY BE TAKEN WITH A SMALL SIP OF WATER ONLY.

Seizure medications	Anxiety Medications	Asthma Medications
Chronic Pain Medications	Parkinson's Medications	Restless Leg Syndrome Medication
Cardiac and Blood Pressure Medications except diuretics (water pills)		

IF YOU ARE UNSURE ABOUT MEDICATIONS, PLEASE CALL OUR ENDOSCOPY CENTER HELP LINE FOR ASSISTANCE.

THE DAY OF YOUR PROCEDURE

- **If you have cough/cold symptoms, you will need to reschedule your appointment. You will not be able to receive anesthesia if you are experiencing any respiratory symptoms.**
- **DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE (because you are receiving anesthesia)**
- Chewing gum, eating mints and drinking water is **not permitted** when you are instructed not to eat or drink anything. You are permitted to brush your teeth.
- Bring or wear socks. Our facility is kept cool!
- If you wear reading glasses, please bring them with you.
- If you are having a colonoscopy or flexible sigmoidoscopy, you will be doing a **bowel prep**. Here are some helpful tips:
 - If you experience frequent constipation, please call our office. We would like to provide you with special instructions to make your prep more effective.
 - To protect your skin from prep irritation, you may apply **A&D ointment** to your anus before and after bowel movements. You may also want to use baby wipes instead of regular toilet paper.
 - If you begin to feel bloated or nauseated while drinking the bowel prep solutions, you may stop drinking for a brief amount of time to let things settle, then resume. This feeling is often temporary and should disappear once bowel movements begin. Bowel movements should begin 1-4 hours after the first glass of preparation.
 - After finishing your prep your stool should be watery, without formed particles of stool. It is normal for your stool to be green or yellow to clear in color. If your prep is not free formed stool a **Fleet Enema** can be used by following the instructions on the box.
 - If you are absolutely unable to finish the prep or cannot keep the prep down, you must call our **physician on call at (610) 525-9570 (after normal business hours) or the Endoscopy Center help line**
- Parking Options:
 - Valet services – Both facilities offer valet parking
 - Parking garage – Self Parking – Attached to the hospital at 830 Old Lancaster Road.

**ENDOSCOPY CENTER HELP LINE 610-527-3800 ext. 2060
(leave a message and we will call you back asap)**

**IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL
THE GASTROENTEROLOGY OFFICE AT 610-525-9570.**

Please visit our website at www.BMMSA.com/ENDOSCOPY

CLEAR LIQUID DIET	
ALLOWED ITEMS	ITEMS NOT ALLOWED
Water Clear broth Fat-free consommé Juices (apple, white grape, white cranberry and cider) without pulp Noncarbonated, powder based beverages (lemonade and Kool-Aid, no red/purple food coloring) Sodas (Sprite, 7-Up, ginger ale and seltzer) Coffee or tea (without milk or cream) Clear gelatin (without fruit pieces or red/purple food coloring) Water ice (without fruit pieces or red/purple food coloring) Clear, hard candies Salt and sugar	Milk Cream Milkshakes Tomato juice Orange juice Grapefruit juice Cream soups Any soup other than broth Oatmeal Farina Anything with red or purple food coloring-gelatin, popsicles and hard candy

**You may have an unlimited amount of clear liquids.
 The menu below is a guide to help with meals.**

Sample Menu:

Breakfast: 8 ounces of apple juice, 1 cup of gelatin (without fruit), 1 cup of coffee with sugar but no milk or cream

Lunch: 1 cup of chicken consommé, 8 ounces of ginger ale, 1 cup of water ice, hot tea with sugar and lemon (no pulp)

Dinner: 1 cup of beef broth, 8 ounces of lemonade, 1 cup of gelatin (without fruit), hot tea with sugar and lemon (no pulp)