

# Welcome

---

At Benefis Gastroenterology, our mission is to serve you with comprehensive, personalized, effective gastrointestinal treatment, and to promote your ongoing health and wellness.

This packet includes important information regarding your upcoming procedure, such as:

- **What to eat and when**
- **Driving arrangements**
- **Grocery list for prep prior to procedure**

Your procedure is scheduled for: \_\_\_\_\_.  
Date

Please arrive at \_\_\_\_\_ a.m. / p.m.  
Time

Your provider is \_\_\_\_\_.

Procedure Location:

Benefis Endoscopy  
5th Floor, South Tower  
Benefis East Campus  
1101 26<sup>th</sup> Street South  
Great Falls, MT 59405

If you need to cancel or reschedule your procedure, please notify us as soon as possible by calling **(406) 731-8384**.

# Preparing for your Flexible Sigmoidoscopy Procedure

Please carefully follow the procedure prep instructions, which are necessary for the safety of your procedure. If you have any questions, please call (406) 731-8384 and ask to speak to a nurse.

## One Week before Your procedure:

- One week prior to your procedure please hold all over the counter vitamins and supplements including fiber and iron.
- **If you are taking any of the blood thinning medications listed below**, please consult your cardiologist or prescribing provider about stopping your blood thinning medication ahead of time. Please let us know immediately if the time frames listed below are not acceptable to that provider.
  - **Aspirin (325mg)** Stop taking seven (7) days prior to your procedure.
  - **Brilinta (Ticagrelor)** Stop taking five (5) days prior to your procedure.
  - **Coumadin (Warfarin)** Stop taking five (5) days prior to your procedure.
  - **Effient (Presugrel)** Stop taking seven (7) days prior to your procedure.
  - **Eliquis (Apixaban)** Stop taking two (2) days prior to your procedure.
  - **Plavix (Clopidogrel)** Stop taking seven (7) days prior to your procedure.
  - **Pradaxa (Dabigatran)** Stop taking five (5) days prior to your procedure.
  - **Savaysa (Edoxaban)** Stop taking one (2) day prior to your procedure.
  - **Xarelto (Rivaroxaban)** Stop taking two (2) days prior to your procedure.
  - **Pletal (Cilostazol)** Stop taking four (4) days prior to your procedure.
  - **Elmiron (Pentosan Polysulfate Sodium)** Stop taking two (2) days prior to your procedure.

## Two days before Your procedure:

**Eat a low- residue diet.** Including food such as soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potatoes with no skin, gelatin, broth, and bouillon.

**Avoid eating foods such as** fresh and dried fruit, vegetables, raisins, nuts, seeds, cloves, and any meat aside from what is listed in the group of allowed foods above.

## The Morning of Your Procedure:

- **If you are on anti-seizure or beta-blocker medications**, make sure to take them on the morning of your procedure. You can take these with a clear liquid.
- **Do not take diuretics or long- or short- acting diabetic medication (including oral medication)** the morning of your procedure. If you are diabetic, make sure to check your blood sugar the morning of your procedure. Contact your endocrinologist or primary care provider with questions.

**You may have clear liquids (no purple or red) up to two hours before the procedure, then nothing to eat or drink until after your procedure is complete.**

**Contact your insurance company** to determine if pre-authorization is required. **DO** not assume your procedure is automatically covered. You may still be responsible for a deductible or copayment.

### **Shopping List: (these products can be purchased without a prescription)**

- 2 (two) Fleet Enemas

### **Clear Liquid Diet Before Procedure: (no liquids with red/purple dye)**

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up, Coke, Pepsi, Ginger ale, Root Beer
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream or non-dairy creamer; you may add sugars or other sweeteners if desired)
- Popsicles: orange, lemon, lime   Jell-O: orange, lemon, lime
- **NO ALCOHOL**

You may experience irritation to the anal area due to the diarrhea. If you experience anal discomfort, you may use pre-moistened towelettes. You may also apply Vaseline or Desitin to the peri-anal area after each bowel movement to minimize irritation.

### **What to Expect from your Procedure:**

A nurse will start an IV when you arrive for your procedure. Before the procedure begins, your provider will speak to you about what to expect during your procedure. An anesthesia provider or a nurse directed by the physician will give you medication through your IV to make you sleepy. Biopsies can be taken, if necessary, but you will not feel this during the procedure. You will be monitored closely through the procedure.

## Flexible Sigmoidoscopy Instructions

Please follow the instructions below unless instructed otherwise by the Endoscopy Department.

Two Days Before Procedure Eat a Low Residue Diet



Day Before Procedure Start a **Clear liquid Diet** When You Wake Up



Two Hours Prior to Your Appointment Administer two (2) Fleet Enemas at Home



Two Hours prior to procedure stop drinking

### **One day before your colonoscopy:**

**Start a clear liquid diet.** No Solid food starting when you wake up the day before your procedure. You may have **CLEAR LIQUIDS ONLY** on the day before your procedure.

**Two (2) hours prior to your appointment, administer two fleet enemas at home.**

**IF YOU DO NOT STOP DRINKING (2) TWO HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELED.**

### **After Your Procedure:**

**It is your responsibility to have someone take you home from the hospital: you cannot drive after the procedure due to the IV sedation.**

It is required that someone stay with you until the next morning. You should avoid operating any machinery, going to work, or signing any legal documents for the rest of the day. You should be able to return to work the next day.

## **Additional Resources:**

### **Benefis Financial Counselors**

(406) 455-3535

### **Benefis Medical Records**

(406) 455-5642

### **Benefis Native American Welcoming Center**

(406) 455-5197

### **Benefis Gastroenterology Clinic**

(406) 731-8394

**If you are on a weight loss or diabetic medication not listed below, please call 406-455-5224 to speak with a nurse regarding pre-procedure medication requirements.**

To prepare for your upcoming procedure/surgery:

<b>DAILY</b> Exenatide (Byetta®) Liraglutide (Victoza®) Lixisenatide (Adlyxin®) Semaglutide tablets (Rybelsus®)	<b>STOP</b> 2 days prior to surgery date	<b>GLP-1 Receptor Agonists</b>
<b>WEEKLY</b> Albiglutide (Tanzeum®) Dulaglutide (Trulicity®) Exenatide XR (Bydureon®) Tirzepatide (Mounjaro®) Semaglutide (Ozempic®, Wegovy®)	<b>STOP</b> minimum 7 days before surgical date; <b>STOP</b> 14 days if possible	<b>GLP-1 Receptor Agonists</b>
Canagliflozin (Invokana®) Dapagliflozin (Farxiga®) Empagliflozin (Jardiance®) Bexagliflozin (Brenzavvy®)	<b>STOP</b> 3 days prior to surgery date	<b>SGLT2-Inhibitors</b>
Ertugliflozin (Steglatro®)	<b>STOP</b> 4 days prior to surgery date	

If you are taking these medications **daily**, you will want to **STOP** taking them two days prior to your procedure and **DO NOT** take day of your procedure/surgery.

If you are taking these medications **weekly**, you will want to **STOP** taking them seven days prior to your procedure and **DO NOT** take day of your procedure/surgery.

If you are unable to stop this medication you will want to consult with your prescribing provider.

**If these medications are not stopped following the appropriate guidelines your procedure/surgery may be canceled and rescheduled.**

# Your Care with *Epic!*

We have a new look with our upgraded electronic medical record system! You may notice changes to our processes. Epic allows us to offer many important features, including a single bill for hospital and provider services.



Benefis Health System is excited to usher in a new era of patient care with Epic MyChart, our new patient portal.

With MyChart, you'll be connected to more tools than ever to help you take charge of your health. It is the top-ranked medical app and used by 178 million people worldwide.

## In Epic MyChart, you can:

- Access your health records and message your providers.
- Schedule appointments and request medication refills.
- Get screening reminders.
- Ensure providers even at different locations have the most up-to-date information about your care.
- Pay your bill and take advantage of prompt pay discounts.
- Support family members through medical care, even if you're a thousand miles away.
- Complete appointment-related questionnaires in advance of your appointment right from your phone!

Your health records are secure and safe with Epic's cutting-edge technology.

To sign up for MyChart, scan the QR code below or visit [Benefis.org/MyChart](https://Benefis.org/MyChart).

