



## **FLEXIBLE RECTOSIGMOIDOSCOPY**

<http://institutoendovitta.com.br/preparos/retossigmoidoscopia-flexivel/>

1. The patient must be accompanied by a person with legal age and in conditions to make decisions;
2. The patient must bring personal documents;
3. The patient won't be allowed to drive or ride motorcycles at the examination date and for 24 hours after it;
4. Bring the medical request, the authorization guide and previous exams;
5. Eight hours of fasting and it's recommended that the last meal is light;
6. The medications of customary use must be taken with a small portion of water and in the customary hour;
  - 6.1. For diabetic patients, it's not recommended the ingestion of oral hypoglycemic and insulin before the examination. The prolonged fasting might result in hypoglycemia;
  - 6.2. For patients that use oral or injectable anticoagulants, it's necessary to consult a doctor to evaluate the need to suspend them and for how many days it'll be suspended. For diagnostic examinations and biopsies, it's necessary to suspend the medication use;
  - 6.3. Patients with an allergic historic must inform the team before the procedure's

beginning, and, if possible, bring, in written, the medications that are forbidden to use;

6.4. All patients must receive a cardiorespiratory monitoring and supplementation of oxygen through a catheter. This turns the exam into something more comfortable and safe;

6.5. It's not allowed the presence of a companion at the examination room, considering the patient and the companion's safety;

7. The patient must wear comfortable clothes and not use earrings, rings and necklaces. The fingernail polish must be remove by the patient, because it can affect the reading of the blood oxygenation rates;

8. The dental prosthesis must be removed, except if the patient uses them when sleeping;

9. At no time the examination will be performed without an accompaniment, even if the patient chooses to not be sedated; The examination, despite being simple and with low risks, may present complications. In some situations, the endoscopist doctor might evaluate and suspend the examination. When this occur, there's a justification, always aiming the patient's safety;

10. After the examination, the patient will remain for a minimal period of 30 minutes in observance. There might be a discomfort feeling at the oropharynx and abdominal region. In general, these symptoms disappear in up to 1 hour;

11. In case of doubts, ask your doctor before and after the examination. Never sign the consent term without being aware and clarified about the procedures to be performed.

## **SPECIFIC GUIDELINES**

### [TWO DAYS BEFORE THE EXAMINATION](#)

## **FEEDING DURING THE ENTIRE DAY:**

White rice, grilled chicken breast, boiled potatoes, pasta without red sauce, jelly, white bread with little butter, toasts and salt and water biscuits.

Don't eat anything besides these foods. Drink a lot of liquids during the entire day: water, teas, refrigerants, strained juices, Gatorade (lemon and orange) and coconut water.

Forbidden foods: Raw greeneries, fruits, any kind of seeds, foods with fibers, red meat, frying and greasy foods, milk and derivatives.

## **THE DAY BEFORE THE EXAMINATION**

Liquid feeding, not containing solid foods. Everything must be blended at the mixer. Drink a lot of liquids, such as: water, coconut water, lemon and orange juices or isotonic (ex: Gatorade).

## **MEDICATIONS:**

Dulcolax – 2 pills orally at 10:00 a.m. and at 04:00p.m.

Luftal – 40 drops orally from 6/6 hours.

Full fasting 08 hours before the examination.

## **EXAMINATION DAY**

Four hours before the examination and 02 hours after, it must be applied a preparation rectally with fleet enema. In some situation, this preparation might be realized at the own hospital or at it a complement.

The patient must also remain in fasting until the examination.