

Instructions for Flexible Sigmoidoscopy

Appointment Date: _____

Check-in/Arrival Time: _____

Location: La Jolla Endoscopy Center – Dr. Edward Paredez
9850 Genesee Avenue, **Suite 980**
La Jolla, CA 92037

Day of your procedure:

- NO SOLID FOODS AFTER MIDNIGHT
- If your procedure is scheduled for the morning, please do not eat or drink anything after midnight the night before.
- If your procedure is scheduled for the afternoon, you may have clear liquids up to 2 hours before the procedure.

You will need to purchase two Fleet Enemas from the pharmacy. The first enema should be used approximately two to three hours prior to your check-in time followed by the second enema thirty minutes later.

Enema 1: _____

Enema 2: _____

Things to remember before you arrive for your exam:

1. Bring you INSURANCE CARD and CURRENT LIST OF MEDICATIONS.
2. Plan to be at the facility for approximately 2 hours from check-in to check-out.

You will receive a call up to a week before your procedure from the endoscopy’s billing department, (844) 210-6742, to verify insurance benefits and to provide you the amount of upfront collections that are to be paid on the day of your procedure if any.

Physician charges are separate from facility charges. If biopsies are taken, you will also receive two additional bills from the pathologist and the hospital laboratory. Preventative screening colonoscopy can only be billed for patients who do NOT have any symptoms or diagnosis, personal history or family history of colon cancer or polyps. An evaluation of any sign, symptom, or colorectal disease will be submitted as a diagnostic procedure. Therefore, out of pocket expenses may apply according to your insurance benefits.