



Flexible Sigmoidoscopy Prep Instructions

Arrive for your Flex Sigmoidoscopy _____ minutes prior to your scheduled procedure time.

You are scheduled on _____ at _____. Arrive at _____.

Facility _____ Doctor _____

Please read instructions below Seven (7) days before your exam so you can be prepared.
If you have questions, please call us toll free at 1-855-ILL-GASTro (1-855-455-4278).

****Do not eat or drink food after 12:00 midnight on the night preceding your exam.**

****All Heart and Blood Pressure medications should be continued, including the day of your procedure with small sip of water.**

****If you take anti-coagulants/blood thinners (for example: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Effient, Brilinta, etc.) or Insulin, please notify our office at least 10 days prior to your procedure.**

****Please inform us if you weigh greater than 250 lbs., have kidney disease, congestive heart failure, artificial heart valves, a pacemaker or defibrillator (AICD), sleep apnea, or ascites.**

**** Please discontinue iron or fiber supplements, seeds, nuts, popcorn, and raw vegetables one week before your colonoscopy.**

****You may obtain a Fleet enema package (over the counter) at any pharmacy. IT IS VERY IMPORTANT THAT YOU REFER TO THESE PREP INSTRUCTIONS FROM YOUR DOCTOR REGARDING WHEN YOU NEED TO STOP EATING AND DRINKING. DO NOT FOLLOW THE INSTRUCTIONS THAT YOU RECEIVE FROM THE PHARMACY or WHAT IS ON THE PREP PACKAGE.**

3 DAYS BEFORE YOUR PROCEDURE:

Buy an over-the-counter double Fleet Enema package or two single Fleet Enemas.

THE MORNING OF YOUR PROCEDURE:

Do not eat any food or drink (except a small amount of water for any required morning medications).

Administer 2 Fleet enemas 30-60 minutes apart, with the 2nd enema being one hour PRIOR TO LEAVING for the examination (to allow appropriate evacuation time).



THE DAY OF THE PROCEDURE (continued):

In the morning, you should use inhalers, and take heart, blood pressure, seizure, anti-anxiety, and respiratory medications with a **sip of water**, enough to swallow them (*no blood thinners or oral diabetic medications*). You should wake up early and take these **at least 2 hours** before your test if possible.

IF Sedation is being used:

- Arrange to have someone with you at the end of the exam that can drive you home. A taxi driver alone is NOT sufficient. You will be discharged approximately 60 minutes after your procedure is started.
- Female patients of childbearing age will be required to provide a urine specimen for a pregnancy test prior to anesthesia the day of the procedure. Please avoid urinating prior to arrival the day of your procedure to prevent delay or possible cancellation.

TRANSPORTATION HOME (Applicable only if sedation is being used):

Because of the medications you will be given during the procedure, you will need someone to drive you to the facility, stay in the building while you are having your procedure, and then drive you home. You will not be able to use a taxi or bus. The test may be cancelled if you do not have a driver. There will be no exceptions. After the procedure, you may resume driving the next day unless your doctor instructs you differently. If you have any questions, please call our office at **1-855-ILL-GASTro/1-855-455-4278**.