

PREP INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Your procedure is scheduled for:

Date of Procedure: _____	Arrival Time: _____
Provider: _____	Phone: _____
Facility Name/Address: _____	

IMPORTANT: READ THIS NOW

- Please review all of these instructions.
- Missed appointments or appointments that are cancelled within **72 hours of your procedure**, will be subject to a **\$100 fee**.
- Use these instructions and **NOT** the instructions listed on the colon prep packaging.
- Please see our website for Frequently Asked Questions.

If you do not hold certain medication(s) as instructed below or obtain any necessary clearances, your procedure may be cancelled. It is your responsibility to ensure that we have received your clearance at least 7 days prior to your procedure.

Purchase these items prior to your procedure:

- Purchase one bottle of Miralax (8.3 oz/ 238 gm)
- Purchase 1 Fleet Enema

Do these things 7 days before your procedure:

- **STOP** iron medication and iron supplements. Multivitamins are ok to continue.
- If you take any medication that increases your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication prior to the procedure. The most common of these include, but are not limited to:

Warfarin (Coumadin)	Effient (Prasugrel)	Ticagrelor (Brilinta)	Dabigatran (Pradaxa)
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Clonidogrel (Plavix)	Apixaban (Eliquis)	Rivaroxaban (Xarelto)	Enoxaparin (Lovenox)
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You may continue taking Aspirin unless otherwise instructed.

- For patients with diabetes

Oral diabetes medications	Do NOT take the day before or day of your procedure
Insulin	Day before procedure- take ½ a dose in the morning or after and NO DOSE of insulin the night before or morning of your procedure. After your procedure, restart insulin when you resume a regular diet
Sliding Scale Insulin	Check your blood sugar and follow the scale. We do not want your blood sugar to be too low.

- For patients taking a GLP-1 Agonist for diabetes or obesity **weekly**, hold the medication for **one week** prior to your procedure. The most common of these include, but are not limited to:

Ozempic (semaglutide)	Zepbound (tirzepatide)	Mounjaro (tirzepatide)
Trulicity (dulaglutide)	Wegovy (semaglutide)	Bydureon (exenatide)

- Please make sure you have a responsible adult (18 years of age or older) with you when you arrive to the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will NOT be able to drive due to the sedation you will receive. You will not be able to take Lyft, Uber, or other public transportation to or from the facility. **Your procedure may be cancelled if we cannot confirm your transportation on the day of the procedure.**

Do these things 4 days before your procedure:

- **STOP** eating the following foods: raw fruits and vegetables, nuts, seeds, corn, beans, popcorn, and multigrain foods until after your procedure.
- If you take a medication that contains Phentermine, you must stop it until after your procedure. The most common of these include, but are not limited to:

Adipex	Fastin	Qsymia
Lomaira	Ionamin	Elvenir

- Check with your insurance because it is your responsibility to know your co-pays and deductibles.

Do these things 3 days before your procedure:

- Last chance to cancel your appointment without a \$100 fee. You will also be charged a \$100 fee if you no show to your appointment.
- **STOP ALL** fiber products, such as Benefiber, Metamucil, Fiber One products and high fiber cereals until after your procedure.
- **STOP ALL** supplements such as fish oil, vitamins, and calcium until after your procedure.
- **STOP ALL** diet pills or anything containing Xenical or Olestra until after your procedure.

Do these things 2 days before your procedure:

- Drink at least 8 glasses of water throughout the day.
- Confirm your driver/responsible party who will need to stay in the building during your procedure.

Do these things 1 day before your procedure:

- **You may have a may eat breakfast and lunch as usual (unless told otherwise by your physician).**
- If you are taking diabetic/weight loss medications **daily**, please stop them. The most common of these include, but are not limited to:

Victoza (liraglutide)	Byetta (exenatide)
Saxenda (liraglutide)	Rybelsus (semaglutide)

- **Do not take any NSAID medications (such as Ibuprofen, Naproxen, Motrin or Aspirin) the day prior to your procedure. Tylenol is okay to take.**
- You may only have clear liquids all day and night. Clear liquids are: water, tea or black coffee, any broth, apple juice, soda, ginger ale, Gatorade, popsicles and Jell-O (**NO RED, PURPLE, ORANGE, or BLUE**).
- **NO MILK PRODUCTS**
- The more clear liquids that you drink during the day and during your prep, the better your prep will work, and you will stay hydrated.
- **NO ALCOHOL or MARIJUANA (interacts with anesthesia and prevents you from signing consent)**
- Start drinking your prep according to instructions below.

Starting at 5:00 pm

- You may only have clear liquids for the rest of the evening.

Starting at 6:00pm

- Combine 4 capfuls of Miralax powder with 32oz of clear liquid and mix well.
- Drink 8oz of solution every 15 minutes until gone.
- Continue drinking clear liquids throughout the evening.

Do these things the day of your procedure:

- **2 hours prior to arrival, follow instructions on the package to complete 1 Fleet Enema.**
- **DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**
- **You may take blood pressure, seizure, and anti-anxiety medication ONLY at least 4 hours to arrival.**
- Please use your regular inhalers the morning of your procedure and bring your inhalers with you to your procedure.
- **NOTHING** by mouth 4 hours prior to your procedure or your procedure will be canceled.
- **NO** gum or hard candy.
- **Bring insurance card and photo ID with you.**
- **Bring a list of all medications** (both prescription and non-prescription) that you are taking. Please include dosage, frequency and when you took the last dose.

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the solution until symptoms diminish.