

# Flexible Sigmoidoscopy

## Procedure Instructions

Procedure Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ GI Physician: \_\_\_\_\_

Location: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

### Special Instructions:

**To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or cancelled.**

**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 7 days prior to your procedure.**

### Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.

### Instructions:

#### 7 Days Before Your Procedure:

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox.

#### Day Before Your Procedure:

Stop eating all solid foods no later than midnight. Clear liquids are acceptable to drink. Do not consume any red or purple liquids or alcohol.

- Do NOT use any tobacco products or marijuana, do NOT take non-prescribed drugs, and do NOT drink alcohol after midnight before your procedure.
- DRINK ONLY CLEAR LIQUIDS ALL DAY (No solid food):

The explanation of a clear liquid diet is anything you can see through if held up to a light.

#### Approved Clear Liquids:

- Water, Black Coffee or Black Tea (no cream or artificial cream)
- Strained fruit juices WITHOUT pulp (Example: apple, white grape)
- Clear Broth or Bouillon (Example: chicken or beef or vegetable broth)
- Carbonated CLEAR soft drinks (Example: Sprite, ginger ale)
- Gatorade, Kool aid or lemonade with no pulp (NO RED OR PURPLE)
- Plain Jell-O (without fruit or toppings) (NO RED OR PURPLE)
- Popsicles (NO RED OR PURPLE)
- NO DAIRY PRODUCTS
- NO ALCOHOLIC BEVERAGES

#### Day Of Your Procedure:

- Stop drinking clear liquids 6 hours prior to your exam. You may take all of your usual morning medications with 4 oz of water up to 3 hours prior to your procedure.
- 1 hour before leaving home, take two (2) Fleet Enemas. Bring a list of all of your current medications, including any over-the-counter medications, with you.

