

Flexible Sigmoidoscopy

Prep Instructions

7 DAYS PRIOR TO YOUR PROCEDURE:

Stop taking iron. Multi-vitamins are ok.

3 DAYS PRIOR TO YOUR PROCEDURE:

Stop eating fruit/vegetables with skin (peel), nuts, seeds, popcorn and corn

1 DAY PRIOR TO YOUR PROCEDURE:

Do not use Marijuana, in any form (including edibles) 24 hours prior to procedure.

Eat a light dinner

After dinner, begin a clear liquid diet (no later than 6:00 PM)

- Examples of clear liquids are Gatorade, Pedialyte, Powerade, clear broth, coffee/tea (without milk or creamer), carbonated soda, Kool-Aid, fruit-flavored drinks, apple juice, Jell-O, popsicles, or honey.
- Examples of non-clear liquids are red or purple liquids, alcohol, milk or non-dairy creamers, noodles or vegetable soup, juice with pulp, or any liquids you cannot see through

DAY OF YOUR PROCEDURE:

4.5 hours prior to your scheduled procedure time.

- Take morning medications as normal
- Give yourself the 1st saline enema 2 hours prior to your scheduled procedure arrival time
- Give yourself the 2nd saline enema 30 minutes after the 1st enema

You can continue clear liquids until 2 hours prior to arrival time.

NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR CHECK IN TIME (THIS INCLUDES WATER, GUM, ICE MINTS, CIGARETTES)

The following medication/prep items will need to be purchased over the counter:

Two Fleets Saline Enemas: Fleets is the brand name and any generic equivalent is acceptable.

They MUST be saline and not oil enemas.

For individuals diagnosed with diabetes:

- **DAY BEFORE PROCEDURE:** Check your blood sugar often while on clear liquids and prepping.
- **NIGHT BEFORE PROCEDURE:** Do not take your ORAL diabetes medication.
- **NIGHT BEFORE PROCEDURE:** If you are on INSULIN take 1/2 your normal dose.
- **MORNING OF PROCEDURE:** Do NOT take diabetes medications.

For individuals diagnosed with hypertension:

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular high blood pressure medications

For individuals with a medical history of seizures:

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular seizure medications

For individuals currently on anticoagulant/ blood thinner:

- We will contact you with instructions once we have approval from your provider.