

## Flexible Sigmoidoscopy Instructions:

### *To ensure a successful exam, please follow all instructions carefully!*

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- You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled.
- If you have diabetes, ask your primary care physician or Endocrinologist for diet and medication instructions.
- If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor.
- Please bring a list of all of your current medications, including any over-the-counter medications with you.
- If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.

### *Seven 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.
- If you take a **blood thinner** like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox, you must discuss this with your doctor and prescribing physician.
- If you are taking any form of iron (ferrous sulfate, ferrous gluconate), please stop this one week or seven days prior to your procedure.

### *One 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.
- Acceptable clear liquids include: water, tea, black coffee, Apple juice, Ginger ale, Sprite, 7UP, Gatorade, Powerade, Vitamin Water, Crystal Light
- **DO NOT DRINK:** Anything containing fruit or vegetable pulp/seeds, milk or cream, anything that is NOT clear.

### *On the day of your procedure:*

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