

FLEXIBLE SIGMOIDOSCOPY PREP

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach your physician’s office at **253.272.5127**

Special Notes: If you are taking blood thinner medication such as Coumadin or Plavix, or have a pacemaker or a defibrillator, and you haven’t spoken to a WAGI nurse, please call our office.

If you are taking a GLP-1 medication (Ozempic, Trulicity, etc.), please hold your weekly or daily dose prior to your procedure. If you have concerns regarding this, please contact your primary care provider.

Five (5) Days Prior to Procedure	Three (3) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p>Review your prep instructions thoroughly</p> <p>Purchase two (2) 4.5 oz saline enemas over the counter. <u>Please do not use a mineral oil enema.</u></p>	<p>Confirm arrangements with your friend or family member who will be DRIVING YOU HOME.</p>	<p>You should adhere to your usual diet today. Take all of your normal medications.</p> <p><u>NO FOOD after midnight.</u></p>	<p>NO FOOD on the day of your procedure. You may drink clear liquids up until 3 hours prior to your procedure. Clear liquid options are detailed on page 2.</p> <p>Please take all daily blood pressure medications with water at least 3 hours prior to your procedure.</p> <p><u>Nothing by mouth 3 hours prior to your procedure.</u> This includes water, gum, hard candy, lozenges, mints, and tobacco products. You may brush your teeth, but do not swallow.</p> <p><i>If you have anything in your mouth during the 3 hours prior to your procedure, your appointment may be rescheduled.</i></p>

THE DAY OF THE PROCEDURE

NO FOOD UNTIL AFTER YOUR PROCEDURE. Starting at MIDNIGHT the night before your procedure, you must adhere to a clear liquid diet. You may consume clear liquids up to **3 hours prior to your procedure.**

CLEAR LIQUID DIET (No liquids with red or blue dye)

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream or non-dairy creamer; you may add sugars or other sweeteners if desired)
- Popsicles: orange, lemon, lime
- Jell-O: orange, lemon, lime
- Candy: hard candy such as LifeSavers, suckers, gummy bears
- **NO ALCOHOL**

- **2 HOURS PRIOR TO YOUR PROCEDURE:** Use the first enema following the box directions. Retain liquid for 2-5 minutes, then evacuate.
- **90 minutes PRIOR TO YOUR PROCEDURE:** Use the second enema, following the box directions. Retain liquid for 2-5 minutes, then evacuate, you should be passing clear or light yellow fluid.

The procedure takes approximately 10 to 15 minutes to complete. During the procedure, you may experience pressure and a slight cramping in your lower abdomen. After the procedure, you may experience some mild gas pains. If biopsies were taken during the procedure, you may experience some traces of blood with bowel movements over the next few days.

The Day of the Procedure

3 hours before your procedure

- If you take daily medication, you make take it with **small sips of water only, at least 3 hours before** your procedure
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy, or breath mints

Please bring to your procedure

- A responsible driver to take you home. You will not be allowed to walk or drive home.
- Insurance cards and photo ID—you will be asked to present these at EVERY visit to our office
- Inhaler—if you use an inhaler, please bring it with you
- If you wear dentures, hearing aids, contact lenses, or glasses please bring a case for safe storage during your procedure. Glasses and contacts are required to be removed for all procedures. (Dentures will only need to be removed for an upper endoscopy).

You must arrange for a responsible licensed driver to take you home after your procedure and assist you with follow-up care. You cannot walk home, drive, operate any machinery, or go to work for at least 12 hours after your examination. Failure to have a ride arranged to take you home will result in your appointment being rescheduled. Alcohol and sedatives should be avoided for 24 hours after the procedure.