

FLEXIBLE SIGMOIDOSCOPY PREP

To ensure the best possible results from your colonoscopy, please follow these specific instructions from your physician. A clean colon allows your care team to perform the procedure accurately. If your colon is not sufficiently clean, we may need to reschedule your appointment.

Non-medical prep questions:

- Call the clinic numbers listed above.

Medical questions:

- During business hours (7:30 am to 5 pm), call clinic numbers listed above.
- During non-business hours (5 pm to 7:30 am) there is an on-call physician for urgent medical questions.

Special Notes:

- If you are taking **blood thinner** medication such as Coumadin or Plavix and haven't spoken to a WAGI nurse, please contact the clinic.
- If you have a **Pacemaker, an AICD, or any other implanted medical device (except the Inspire device)** and haven't spoken to a WAGI nurse, please contact the clinic.
- **If you have diabetes and are taking insulin**, consult your diabetes provider for the correct dosage to take on the day of your exam.

Driver Confirmation & Instructions:

Your driver should plan to be on-site for 1-2 hours. Drivers may briefly leave the premises with reception's approval. For procedures starting after 3 PM, drivers must remain in the waiting room. Your procedure will be **rescheduled if you arrive without a driver, unless previously arranged**. If you require a taxi, ride-share, or medical transport, please schedule your procedure no later than 2 PM.

3 days before your procedure

- Purchase the following.
 - ☐ Two 4.5 oz Saline enemas
 - ☐ Items for the clear liquid diet (see page 2).

1 day before your procedure

- Adhere to your normal diet. **NO FOOD after midnight.**
- Unless advised to stop, take your regularly prescribed medications.

Bring the following to your procedure:

- A responsible driver to take you home. **You will not be allowed to walk, take the bus, or drive home, unless you choose to go un-sedated.**
- Insurance cards and photo ID.
- Your completed Patient Information Form (PIF) with your medications listed.
- Inhaler: if you use an inhaler, please bring it with you.
- Dentures, hearing aids, glasses: Please bring storage cases if you wear these items, as they may need to be removed during your procedure.

See page 2 for instructions to follow the day of the procedure.

THE DAY OF YOUR PROCEDURE

Diet of clear liquids only. **NO SOLID FOOD!** Do not use marijuana (THC products) or alcohol.

CLEAR LIQUID DIET

Avoid:

- Milk, dairy, creamer
- Juices with pulp
- **RED or PURPLE** items
- Alcohol

Approved:

- Soda, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable, and beef broth
- Gelatin (e.g., Jell-O)



3 hours prior to your procedure:

- **Do not drink fluids** or put anything in your mouth, including chewing tobacco, gum, lozenges, candy, or mints.
- Unless advised to stop, take your regularly prescribed medications, including blood pressure medication, at least 3 hours before your procedure with a small sip of water.

2 hours prior to your procedure:

- Use the first enema following the box directions, be sure to remove the cap from the tip of the enema. Retain liquid for 2-5 minutes, then evacuate.

30 minutes prior to your procedure:

- Use the second enema following the box directions, be sure to remove the cap from the tip of the enema. Retain liquid for 2-5 minutes, then evacuate.
- **Do not drink fluids** or put anything in your mouth, including chewing tobacco, gum, lozenges, candy, or mints.

What to expect during the procedure? The procedure takes approximately 10-15 minutes to complete. During the procedure, you may experience pressure and 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 new few days

For your safety, a **driver must accompany you** home, unless you choose to go un-sedated. After sedation you cannot drive, operate machinery, or work until the next day. Your procedure will be **rescheduled if you arrive without a driver, unless previously arranged or you choose to go un-sedated**. If you require a taxi, ride-share, or medical transport your procedure **must** be scheduled no later than 2 pm.

Weapons are prohibited. Leave valuables at home; we are not liable for lost personal items.