

Flexible Sigmoidoscopy Preparation Instructions

IMPORTANT:

For best results and to prevent the need to cancel or reschedule your flexible sigmoidoscopy.

- Only follow department instructions given by your gastroenterologist or on this instruction sheet.

Do not follow instructions from any other source.

Seven (7) days before your procedure

STOP:

1. Aspirin unless prescribed by a physician
2. NSAIDs including: Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), and similar medications
3. Iron, fish oil and vitamin E
All seeds, nuts and popcorn

OKAY/APPROVED:

1. Any regular medications (especially blood pressure and/or cardiac medications)
2. Acetaminophen (Tylenol)

► **You will receive additional instructions guided by your prescribing physician if you are taking:**

- Blood thinner medications such as: Warfarin (Coumadin), Heparin, Lovenox, Plavix, Aggrenox, Ticlid, Pradaxa

The day before your procedure

STOP (in addition to above):

1. Any solid food
2. Dairy products
3. Alcohol

OKAY/APPROVED:

1. Any regular medications, especially blood pressure and/or cardiac medications, and acetaminophen (Tylenol)
2. Water and clear liquids such as:
Juices: apple, white grape, white cranberry, lemonade
Broth: chicken, beef or vegetable
Soda: 7-Up, Coke
Other: black coffee, tea, popsicles, jello, sports drinks.

► **Eating any solids may result in your procedure being cancelled. Make sure to drink clear liquids throughout the day to keep yourself well-hydrated.**

7p.m. the day before your procedure: Drink a full 10-ounce bottle of Magnesium Citrate. Avoid red dye flavors.

The day of your procedure

- Continue your clear liquid diet.
- Take your regularly prescribed morning medications (with a small sip of water) unless instructed otherwise.

Fleet's rectal enemas: Follow package instructions.

- Take the first enema two hours before the procedure.
- Take the second enema one hour before the procedure.

If you are driving a distance that makes administration of enemas prior to the appointment impractical, bring the enemas with you to the clinic. You will need to arrive an hour before your appointment in order to give yourself adequate time to administer the enemas and allow them to work.