



PREP INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

These instructions will help you properly prepare for your flexible sigmoidoscopy. The preparation for this test is often the most difficult part of it, but your health is worth it! If the doctor can't complete the procedure due to inadequate prep, the procedure will be rescheduled.

Items you will need:

- Purchase...
 - a. Fleet Enema Saline Laxative- you will need two 4.5fl oz bottles.
 - b. **Do not wait until the day before your procedure to purchase the needed items.**



1 week prior to your flexible sigmoidoscopy:

- If you are taking any of the following medications, continue taking the medication unless you are directed to stop by the prescribing provider. Aspirin, Iron, Plavix, Coumadin, Percodan, Alka-Seltzer, Empirin, Ibuprofen, Motrin, Advil, Aleve, Excedrin, Medipren, Nuprin, Naproxyn, Naproxen, Suldinac, Celebrex, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, or Voltaren.
- Obtain any required medical clearances, if applicable.

3 days prior to your flexible sigmoidoscopy:

- Stop ALL vitamins and supplements.
- Avoid all beans, peas, corn, popcorn, nuts, tomatoes, cucumbers, pickles, sesame seeds, strawberries, watermelon, oatmeal, kiwi, and grapes (foods containing small seeds or skins).
- No alcohol and alcoholic beverages until the day after your procedure.

1 day before your flexible sigmoidoscopy:

- Nothing by mouth after midnight.

Day of your flexible sigmoidoscopy:

- Do not eat or drink anything until after your procedure.
- NO GUM, MINTS, AND HARD CANDY.
- You may brush your teeth but do not swallow.
- Please take your AM blood pressure/heart medicine 3 hours before your procedure with a sip of water.
- Follow the prep steps below, starting 1 hour before you have to leave for your procedure.
- **Remember: Because of the sedation, you MUST have a friend, family member or arranged medical transport to drive you home after the procedure. Rideshare services are not allowed unless you have a responsible adult with you. Your procedure will be cancelled if you do not have**

adequate transportation.

Prep Steps:

- **2 HOUR BEFORE YOU LEAVE THE HOUSE PRIOR TO THE FLEXIBLE SIGMOIDOSCOPY:**
 - a. 2 hours prior to leaving for your procedure, use one bottle of the Fleet Enema Saline Laxative. Lay on your left side and insert the Fleet Enema, follow the directions for proper insertion on the packaging. Once inserted lay on your right side, lay on your right side for 5 minutes. After 5 minutes, switch to laying on your left side, lay there until you need to use the restroom.
- **1 HOUR BEFORE YOU LEAVE THE HOUSE PRIOR TO THE FLEXIBLE SIGMOIDOSCOPY:**
 - b. 1 hour before you leave for your procedure (60 minutes after the prior step), repeat the prior steps. Use one bottle of the Fleet Enema Saline Laxative. Lay on your left side and insert the Fleet Enema, follow the directions for proper insertion on the packaging. Once inserted lay on your right side, lay on your right side for 5 minutes. After 5 minutes, switch to laying on your left side, lay there until you need to use the restroom.

PREP QUESTIONS:

If you have any questions related to your colonoscopy prep, please call the nurse line.

- Columbia/Cascades: (410)913-1666
- Annapolis: (410)913-1164
- Olney: (301)347-8780
- Riverdale: (410)913-0061

Any other questions please contact our office at (410)290-6677.

TRANSPORTATION POLICY:

Please arrange for transportation home from the procedure. You must have a friend, family member, or arranged medical transport to drive you home after the procedure. Uber, Lyft, and taxis are not allowed to be used for post procedure transportation due to medical regulations. Your procedure will be cancelled if you do not have adequate transportation, this is the surgery center policy. If you need a medical transportation service, you can contact our office for information.

CANCELLATIONS:

If you need to cancel or reschedule your procedure, please call (410)290-6677 at least 2 business days prior to your appointment. Cancellations made less than 2 business days in advance will result in a late cancellation fee of \$200.00.