

General Flexible Sigmoidoscopy Instructions:

It is very important that you read all instructions at least 1 week prior to your procedure and follow each step to ensure that your bowel cleansing is effective or your sigmoidoscopy may need to be repeated because of a poor prep.

Please make sure you pick up your bowel preparation from the pharmacy 1 week prior to your procedure.

You will need to purchase the following from the pharmacy:

1. Magnesium Citrate: One 10oz bottle
2. Fleet Enema: Two enemas

Both of these medications are over the counter and do not require a prescription.

Anesthesia:

You will receive sedation for your procedure from one of our anesthesiologists. You will meet the anesthesiologist prior to your procedure and they will review your medical history and medications with you. Your judgment may be impaired after the procedure due to the medications used for sedation. **Do not drive, operate heavy machinery, return to work, drink alcohol, or make any legal decisions until the day after your procedure.**

Some patients decide to not receive sedation for the sigmoidoscopy.

General Medication Instructions:

Aspirin: If you are taking aspirin, you should continue taking it unless instructed otherwise.

Iron pills, vitamins with iron, Omega-3, fish oil supplements, and herbal supplements: All of these should be stopped 1 week prior to your procedure.

Blood Thinners: If you take a blood thinner (Coumadin/Warfarin, Plavix/Clopidogrel, Brilinta/Ticagrelor, Effient/Prasugrel, Pradaxa/Dabigatran, Xarelto/Rivaroxaban, Eliquis/Apixaban) we will contact the physician who manages this medication to see if you can stop this medication prior to your procedure. **DO NOT** stop any blood thinning medications unless you are instructed to do so by either your physician or by our office.

Diabetes Medications: If you are on insulin or another medication that you inject (Byetta, Bydureon, Victoza, Ozempic, Trulicity) please contact your primary care physician or endocrinologist for instructions on how to manage your insulin the day before and the day of your procedure. It is common for them to instruct you to alter the dose of your insulin. **DO NOT** take your oral diabetes medications on the day of your procedure.

Ulcerative Colitis and Crohn's Disease Medications: Please stop the following medications 2 days prior to your procedure: Mesalamine, Asacol, Pentasa, Lialda, Apriso, Delzicol, Balsalazide, Canasa, and Rowasa.

Females of Childbearing Age:

Please schedule your procedure at a time when you are not likely to be pregnant. A urine sample for a pregnancy test may be required prior to your procedure if it has been less than 1 year since your last menstrual cycle.

Week of your Procedure:

To ensure your bowel prep is effective, decrease your intake of foods with seeds, flax, sunflower, quinoa, popcorn, nuts, corn, beans, salad, and other raw fruits and vegetables 5 days prior to your procedure and eliminate these foods 3 days prior to your procedure. Stop fiber supplements (Metamucil, Citrucel, Benefiber) 3 days prior to your procedure.

If you have difficulty having a bowel movement or have issues with constipation, you may use a laxative like Miralax, Senokot, or Dulcolax daily starting 5 days prior to your procedure.

Day Before Procedure:

You may eat a normal diet for breakfast and lunch.

For dinner you must have clear liquids only.

Examples of Clear Liquids (avoid any red, blue, or purple liquids):

- Water
- Gatorade, Powerade, Crystal Light Lemonade, Pedialyte, Vitamin Water
- Fruit juice without pulp (apple, white grape, white cranberry, lemonade)
- Coffee or tea (without milk or creamer)
- Clear broth (chicken, beef, or turkey)
- Clear carbonated beverages (ginger ale or lemon lime soda)
- Jell-O gelatin
- Popsicles without pulp

Magnesium Citrate:

After a clear liquid dinner, you need to drink all of the 10oz bottle of Magnesium Citrate.

Day of Procedure:**Fleet Enemas:**

At least 90 minutes prior to leaving for the procedure, administer the 2 Fleet enemas one after the other.

Except as indicated in the medication section above, you should take your normal medications the day before and on the day of your procedure. On the day of your procedure take your medications with only a small sip of water.

All fluids must be stopped 2 hours prior to your arrival at our center or your procedure may be canceled.

How to Know if the Prep is Adequate:

The stool should be watery in consistency. It does not have to be clear in color like water; it may be yellow. Small flecks of stool or debris are not a problem. The stool should not be solid, muddy, or thick.

You must complete the prep as directed.

Questions:

For any non-emergent questions, please refer to our website for frequently asked questions: oceansurgicalpavilion.com.

If you have questions regarding scheduling, please contact our scheduling department at 732-517-0060 ext. 1187.

If you have a medical question related to your procedure, please contact our nursing line at 732-517-8885 ext. 1205 and leave a message and a telephone number where you can be reached.

If you encounter a problem while taking your prep, please refer to the frequently asked questions page on our website, oceansurgicalpavilion.com. If you still have a question after reading this, please contact our nursing line at 732-517-8885 ext. 1205. If you have an emergent question and the office is closed, you may call our main office and our answering service will send a message to the on-call physician. Only truly emergent calls will be answered. All prep related questions are directed to the website above.