



## UTAH DIGESTIVE HEALTH INSTITUTE

### FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

**Please read ALL of these instructions carefully.** The exam cannot be performed if your colon is not properly cleansed out. If you have any questions after reading these instructions, please call your physician.

**PATIENTS ON BLOOD THINNERS:** If you are taking a blood thinning medication such as Coumadin, Plavix, **CALL YOUR PRIMARY CARE DOCTOR** and **ASK** whether you can **STOP** taking it three (3) days prior to your procedure. If a polyp is found during your sigmoidoscopy and you **HAVE NOT** discontinued it for three (3) days prior, you may have to repeat the procedure. **REMEMBER- OBTAIN APPROVAL FROM YOUR PRIMARY CARE DOCTOR BEFORE DISCONTINUING BLOOD THINNERS. IF YOU HAVE HAD A HEART VALVE REPLACEMENT IN THE PAST, CONTACT OUR OFFICE ONE WEEK PRIOR TO YOUR PROCEDURE.**

#### **TO PREPARE FOR YOUR PROCEDURE:**

##### **Purchase:**

- 2 Fleet Enemas (The Fleet Enema is a brand name. You can purchase any brand available at your pharmacy.)
- Dulcolax—2 Tablets.

**THREE DAYS BEFORE EXAM:** **STOP TAKING** Bayer, Aspirin, Anacin, Excedrin, Advil, Naprosyn, Ibuprofen, Motrin, Aleve or any arthritis pain medication (excluding Vioxx, Celebrex, and Bextra) **WAIT THREE (3) DAYS AFTER your Sigmoidoscopy BEFORE RESUMING these medications.**

**DAY BEFORE EXAM:** **Start Clear Liquid Diet at 5:00 PM—see list on the back of this page.**

At bedtime, take 2 Ducolax tablets with water.

**DAY OF EXAM:** **1 Hour before leaving for your appointment,** administer 2 Fleet Enemas. Your return fluid should be clear or yellow. You may continue drinking water up to four (4) hours prior to your exam but you **MUST NOT** take anything by mouth after that. Remember, **NO SOLID FOODS. BRING** a list of any prescription and over-the-counter medications you are taking. Arrive (see facility location) **BEFORE** your appointment and **BRING** your completed Patient History form with you. **YOU WILL NOT BE SEDATED** during your procedure so you are not required to have someone available to drive you home.

**PRESCRIPTION MEDICATIONS:** You **CAN** take your regular medications **THE DAY BEFORE** your exam. You **CANNOT** take your regular medications **THE DAY OF** your exam unless you have Ok'd it with your doctor. Exceptions- blood pressure and seizure medications **CAN** be taken **THE DAY OF** your exam with a small sip of water.

**DIABETICS:** Test your blood sugar before coming in for your procedure and bring the reading with you. If you take oral medication for your diabetes, **DO NOT** take it the morning of your procedure. If you take insulin, **BRING** your insulin with you. If you have any questions regarding your oral medication or insulin dosages, please contact the physician you are seeing for your diabetes.

**CLEAR LIQUID DIET \*\*\*\*\*DAY BEFORE PROCEDURE\*\*\*\*\***

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity.

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
Milk & Beverages	Tea, Carbonated Beverage	Milk, purple, red drinks
Meats & Meat Substitute Foods	None	All
Vegetable/Grains & Starches	None	All
Fruits & Fruit Juices	Strained, clear juice or lemonade	Juice w/pulp or color
Misc.	Sugar, honey, syrup, clear candy	All other

**SAMPLE MENU:**

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
4 oz. White grape juice	4 oz. Apple juice	4 oz. Lemonade
6 oz. Clear Broth	6 oz. Clear Broth	6 oz. Clear Broth
Jell-O (Plain only-No fruit or topping.)	Jell-O (Plain only-No fruit or topping.)	Jell-O (Plain only-No fruit or topping.)