



## FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

- ◆ You will not know your arrival/check-in time until 1-2 days prior to your scheduled procedure date. Please make sure that your voicemail box is set up & that is isn't full. Please make sure you check your messages so that you don't miss important information.
- ◆ You must have a responsible person 18 years or older to escort you to and from the facility.
- ◆ You will need to be on a clear liquid diet the whole day before your scheduled procedure date. Clear liquids are okay for up to 3 hrs. before your procedure arrival time.
- ◆ Make sure to take the WHOLE prep. We prefer that you follow these instructions instead of the instructions on the box of your prescription.

### 3-4 DAYS PRIOR TO YOUR PROCEDURE: Purchase the following....

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

### 3 DAYS PRIOR TO YOUR PROCEDURE - Discontinue any blood thinning medications

- Aspirin, Motrin, Ibuprofen, Diclofenac, Mobic, Excedrin, Aleve, etc. should be discontinued.
- Tylenol products are not restricted.
- If you are on Coumadin, Plavix, Eliquis, Pradaxa, Xarelto, Savaysa, Prasugrel, Brilinta, Cilostazol, Aggrenox etc. prescribed by a physician, you ***MUST call the prescribing physician*** to ensure it is safe to discontinue prior to your procedure and follow their instructions.

### THE DAY BEFORE YOUR PROCEDURE – Begin A CLEAR LIQUID DIET and take 2 Ducolax tablets with water at bedtime

#### NO SOLID FOOD – only clear liquids the entire day.

- **\*\*NO DAIRY, PULP, OR ANYTHING RED, BLUE, PURPLE, OR ORANGE\*\***
- You CAN have water, clear broth/bouillon, coffee or tea (no cream), Gatorade, Propel, soda, fruit juices with no pulp, Jell-O, popsicles, and hard candies.
- At bedtime, take 2 Ducolax tablets with water.
- ***PLEASE KEEP YOURSELF HYDRATED*** by drinking at least 8 glasses of water throughout the day

### DAY OF EXAM:

- 1 Hour before leaving for your appointment, administer 2 Fleet Enemas. Your return fluid should be clear or yellow.
- Don't drink anything for at least 3 hrs. before your scheduled appointment time.
- Come with someone (18 yrs or older) to drive you home.
- Make sure to arrive at your assigned time.

If you have questions concerning your prep instructions, you can reach our office at Ph# 801-776-7131. Or **text** your specific provider's medical assistant at the following #: Dr Poole # 385-888-7781 Dr Redd # 801-385-492-6633. **For after-hours questions, you will need to call # 801-625-3170 & speak to the on call provider.**

## **TRANSPORTATION**

To ensure your comfort, IV sedation is given for this exam. You must have a responsible companion, family member, or friend 18 years of age or older to escort you to and from the facility and stay with you for several hours after your procedure. You MAY NOT go home alone in a taxi, shuttle van, or bus as these drivers will not be responsible for you. If you receive the IV sedation, you MAY NOT DRIVE until the following day.

## **HEALTH CONCERNS**

- **Diabetic Patients:** please contact your primary doctor for diet and medication instructions and ensure Utah Digestive Health is aware so we can adjust your procedure time accordingly. Test your blood sugar before coming in for your procedure & bring the reading with you.
- **Are you pregnant?** Bowel cleansing products have not been researched or tested on pregnant women. Please discuss risks with your OB/GYN.
- **All other medications:** You can take blood pressure and seizure medications the day of your exam with water. DO NOT take your other regular medications the morning of your procedure unless you have okay'd it with your physician.

## **BILLING INFORMATION**

For this procedure, there will be several different billings.

- Physician
- Facility
- Anesthesia
- Pathology (lab & review of biopsies -the pathologist)