

## Flexible Sigmoidoscopy Prep

### 5 days prior to your flex sig:

- a.) Stop taking Coumadin/ Warfarin, Plavix/ Clopidogrel, Brilinta/ Ticagrelor, and Effient/ Prasugrel.
- b.) Do **NOT** take medicines that stop diarrhea (**Loperamide, Imodium, Bismuth Subsalicylate, Kaopectate, or Peptobismol, etc**).
- c.) If you take **pain medications** or have trouble with **constipation** it is recommended to take 1-2 cap fulls of **Miralax** daily or drink a bottle of **Magnesium Citrate** the night prior to prep.
- d.) Do **NOT** take fiber supplements such as **Metamucil, Citrucel** or products with **iron** including multivitamins.

### 2 days prior to your flex sig:

- a.) Stop taking Eliquis/Apixaban, Xaralto/ Rivaroxaban, Pradaxa/ Dabigatran

You will need to pick up your prep from the pharmacy as soon as possible. Pharmacy will only hold the prescription for 6 days after filled.

For this prep you will need to buy the following (no prescriptions are needed):

- 1.) 60ml Sorbitol
- 2.) Two Fleet SALINE enemas

**STEP 1:** You will be on a clear liquid diet the entire day (no solids foods, milk products, or alcohol). Drink at least 8 ounces of clear liquids per waking hour.

Apple or White grape Juice without pulp	Water, flavored waters (no red)
Tea (no cream or nondairy creamer)	Soda (no red)
Coffee (no cream or nondairy creamer)	Ginger ale
Crystal Light Drink (no red)	Popsicles (no red)
Gelatin desserts (without fruit or topping)	Kool-Aid (no red)
Hard candy	Beef or Chicken broth
G2 Gatorade/Powerade (no red)	

**STEP 2:** At 4pm take 30ml of Sorbitol. This is a laxative and will be working shortly.

**STEP 3:** At 8pm take 30ml of Sorbitol.

If you are having formed stools or any concerns after your prep please call the office.

**DO NOT DRINK ANYTHING AFTER MIDNIGHT before your procedure.** You may brush your teeth and gargle, but do not swallow any liquid. (THIS INCLUDES GUM, HARD CANDY, AND TOBACCO PRODUCTS (ESPECIALLY ORAL TOBACCO)).

\*If you take insulin, take ½ of your regular dose the evening before\*

## **Day of Procedure:**

**Step 4:** Give yourself 2 fleet SALINE enemas 1 hour before leaving the house.

You may brush your teeth and gargle, but do not swallow any liquid. (**THIS INCLUDES GUM, HARD CANDY, AND ORAL TOBACCO PRODUCTS**). If you have dentures, do not glue them in and be prepared to remove them prior to the procedure. Please leave ALL personal belongings (jewelry, cell phones, wallets, etc.) at home or with your driver. Cell phones are not permitted in the procedure area.

## **MEDICATION INSTRUCTIONS:**

Please bring a list of all of your current medications, including any over-the-counter medications.

If you use **insulin or take diabetic medications** please hold them the morning of the procedure.

If your procedure is at the **Endoscopy** center: please take your blood pressure, seizure, anxiety medications, and inhalers like normal.

If your procedure is scheduled at any of the **Tanner hospitals**: the hospital will instruct you during your pre-op visit phone call on what medications to take and not take before your procedure.

## **TRANSPORTATION:**

A responsible person **MUST BE PRESENT** with you at Check-In before your colonoscopy and **MUST REMAIN** in the endoscopy area until you are discharged. You are not allowed to drive, take a taxi or leave the procedure center alone. If you do not have a responsible driver with you, your exam will be rescheduled. Please expect for you and your driver to be at the center for 2 to 4 hours.

**\*\*Please be aware that you could possibly be called to come in early the day of your procedure. Please make sure your ride is available for the ENTIRE day.**

\*\*\*If you do not follow these directions, your colonoscopy will be canceled\*\*\*

**Please call our office at (770)214-2800 if you have any further questions.**