

Flexible Sigmoidoscopy Prep

If you take **Wegovy, Mounjaro, Trulicity, Ozempic, or Saxenda injections**, **STOP** taking these **7 days** prior to your procedure. If you take **IRON**, **STOP** taking it **7 days** prior to your procedure.

If you take **Rybelsus(oral)**, you should stop taking it **24 hours** before your procedure.

5 days prior to your colonoscopy (once cleared by your cardiologist or medical doctor):

- Stop taking Coumadin/ Warfarin, Plavix/ Clopidogrel, Brilinta/ Ticagrelor, and Effient/ Prasugrel.
- Do **NOT** take medicines that stop diarrhea (**Loperamide, Imodium, Bismuth Subsalicylate, Kaopectate, Pepto Bismol, etc**).
- If you take **pain medications** or have trouble with **constipation**, it is recommended to take 1-2 capfuls of **MiraLAX** daily starting 3 to 5 days prior to your procedure.
- Do **NOT** take fiber supplements such as **Metamucil, Citrucel, etc**.

2 days prior to your colonoscopy (once cleared by your cardiologist or medical doctor):

- Stop taking Eliquis/Apixaban, Xarelto/Rivaroxaban, Pradaxa/Dabigatran.

1 day prior to your flexible sigmoidoscopy is prep day. You will need to buy the following items over the counter (no prescriptions are necessary):

- ❖ One 60 mL bottle of Sorbitol
- ❖ Two fleet saline enema (NOT mineral oil enema)

You will need to purchase these medications prior to prep day (ASAP)!

Step 1: Follow instructions on this prep sheet.

You will be on a clear liquid diet the entire day before your colonoscopy (no solid foods, milk products, or alcohol). Drink at least 8 ounces of clear liquids per waking hour.

Apple or White Grape Juice (without pulp)
Tea (no cream or nondairy creamer)
Coffee (no cream or nondairy creamer)
Crystal Light Drink (no red)
Gelatin Desserts (without fruit or topping)
Hard Candy

Water, Flavored Waters (no red)
Soda (no red)
G2 Gatorade/Powerade (no red)
Popsicles (no red)
Kool-Aid (no red)
Beef or Chicken Broth

Step 2: FIRST DOSE of Sorbitol at 4 pm

- Take 30 mL of Sorbitol. Follow this with 16 oz of water.

Step 3: SECOND DOSE of Sorbitol at 9 pm

- Take 30 mL of Sorbitol. Follow this with 16 oz of water.
- Continue to drink clear liquids until bedtime **(or until midnight at the latest)**.

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

If you take Insulin, take **half** of your regular dose the evening before your procedure.

MORNING OF PROCEDURE:**Step 4: Fleet Enema**

- One hour before you leave your house, give yourself two fleet saline enemas.

Absolutely NO TOBACCO PRODUCTS (smoking, oral, and/or vapor).

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

Please bring a list of all of your current medications to your procedure facility (include both, prescription and over the counter medications).

If you have dentures, do not glue them in and be prepared to remove them prior to the start of your 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.

If your procedure is at the **Endoscopy Center**, please take your blood pressure, seizure, and anxiety medications like normal. Also continue your inhalers as usual.

If your procedure is scheduled at any of the **Tanner Facilities**, the hospital will instruct you on which medications to take and which medications to hold before your procedure during your pre-op phone call.

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 procedure will be rescheduled. Please expect for you and your driver to be at the center for 2 to 4 hours.

Please make sure that your ride is available for the ENTIRE day as you may be asked to come in early on the day of your procedure.

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

Please call our office at (770) 214- 2800 if you have any questions or concerns.
If calling after hours, please call (770) 836-9666.