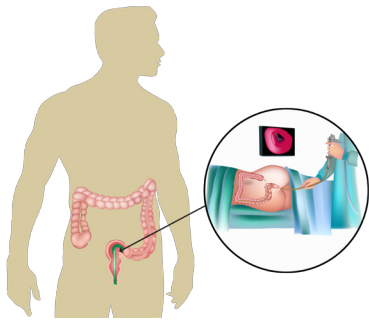


FLEXIBLE SIGMOIDOSCOPY PREP

Day of prep for PM procedure

Please read these instructions carefully at least one week prior to your exam.



Flexoid Sigmoidoscopy is an procedure in which the doctor uses a flexible instrument containing a small camera to transmit the image of the rectum and lower colon onto a large screen for closer examination. The procedure allows the doctor to check the health of the lower colon, to screen for colon cancer and to remove abnormal growths, called polyps. Undergoing bowel prep for a flexoid sigmoidoscopy is certainly not a pleasant activity, but your effort is essential for an accurate procedure.

The following instructions are intended to maximize the ease, safety, and success of your bowel prep.

ONE WEEK BEFORE PROCEDURE

- Obtain two Fleet saline enemas. **Note:** Enemas are available over the counter and do not require a prescription.
- Avoid eating any nuts, seeds, or popcorn in the days prior to your procedure.



Your medicine regimen may need to be modified for your procedure. For your safety and health it is extremely important that you read the section below and let our office know whether you take any of the listed medications.

A physician's order is required before any prescribed medication is held, modified or discontinued in order to insure your safety!

- Take blood pressure medications, heart medications, and breathing inhalers on the morning of the exam or your procedure may have to be canceled!
- Diabetic medications require modification by a physician to prevent low sugar reactions or unacceptable high glucose readings.
- Aspirin therapy may be continued for most procedures.
- Discontinue Lovenox 24 hours before procedure.
- NSAIDS including Ibuprofen (Advil, Motrin), Naproxen (Aleve), Meloxicam (Mobic), Excedrin and Goody & BC powders should be discontinued, if possible for five days prior to procedure.

Certain medicines can cause bleeding problems.

Let our office know as soon as possible if you take any of the medications below.

Do **NOT** stop taking medications without a specific physician order to do so.

ANITPLATELET AGENTS:

- Aggrenox (Persantine aspirin)
- Cilostazol (Pletal)
- Thienopyridines
 - ✓ Clodiprogel (Plavix)
 - ✓ Prasugrel (Effient)
 - ✓ Ticlopidine (Ticlid)
 - ✓ Tricagelor (Brilinta)

ANTICOAGULANTS:

- Warfarin (Coumadin)
- Fondaparinux (Arixtra)
- Direct factor Xa Inhibitors
 - ✓ Rivaroxaban (Xarelto)
 - ✓ Apixiban (Eliquis)
 - ✓ Edoxaban (Savaysa)
- Direct thrombin inhibitors
 - ✓ Dabigatran (Pradaxa)
 - ✓ Disirudin (Iprivasc)

PREP FOR AFTERNOON PROCEDURE

DAY BEFORE PROCEDURE

- **DO NOT** consume any food after midnight.
- **DO NOT** smoke for 24 hours prior to your procedure.



DAY OF PROCEDURE

- **Early Morning:** Use the two enemas, 20 minutes apart, following the instructions on the package. Allow two hours for expulsion.
- **Stay close** to the toilet, as you will have diarrhea.
- **Take usual medications** with water upon arising.
- **DO NOT** have any solid food.
- **DO NOT** drink any beverage containing milk products.
- **DO NOT** drink any red, purple or green liquids.
- **Drink only clear liquids**, as shown in list below, until 9:00am.
- **Sedation? If you are being sedated, you must bring a driver.** Your exam WILL NOT be done unless you bring an ADULT companion 18 or older to drive you home. Your companion must stay at the facility during entire procedure. You will not be able to drive the remainder of the day.
- **No Sedation?** You may drive yourself and plan for your usual routine after the procedure.



CLEAR LIQUIDS

The following liquids are OK to drink:

- ✓ Water, Lemonade, Limeade, or Crystal Light
- ✓ Tea & Coffee without dairy or non-dairy creamer
- ✓ Apple, white grape, or white cranberry juice
- ✓ Beef, chicken, or vegetable clear broths
- ✓ Gatorade, Powerade and similar sports drinks
- ✓ GingerAle, 7-Up, Sprite soft drinks
- ✓ Popsicles, Italian ices, or Jell-O desserts in any color except red, purple, or green

➡ **Do NOT** consume any more liquids after **9:00AM**. Drinking after 9:00 may make it necessary to cancel the exam.

A flexible sigmoidoscopy is an important procedure, but it can be intimidating if you don't know what to expect. We want you to have all the information you need to prepare. A list of our most frequently asked questions can be found on our website in the FAQ section, or you may call our office at the number below.