

Flexible Sigmoidoscopy Preparation Instructions

Dr. Raymond Mis & Dr. Alan Sonsky

You have been scheduled for a flexible sigmoidoscopy at _____. We know it can be challenging to get ready for a flexible sigmoidoscopy. We also know that you may have many questions about the test. We created these instructions to help answer your questions and get you ready. After you read these instructions, **complete the attached checklist** as you prepare for the procedure.

Endoscopy Locations:

The Villages Endoscopy
10900 SE 174th Place Road
Summerfield, FL 34491
P: 352-245-7427

TVRH
1451 El Camino Real
The Villages, FL 32159
P: 352-323-5440

Lake Endoscopy Center, LLC
17355 SE 109th Terrace Road
Summerfield, FL 34491
P: 352-245-0846

- The scheduling staff will contact you within 1 week of your scheduled appointment to assist you in being scheduled for an in person visit allowing us to review the instructions in detail.
- The Surgery Center will contact you **within 1 week** of your scheduled procedure to confirm your procedure time and check-in time.
- There is **NO** guarantee of a morning appointment.
- Our Physicians strive to stay on schedule and frequently are ahead of schedule, but emergencies do occur which could result in a schedule delay. We apologize in advance if this should occur and appreciate your understanding.

Failure to follow preparation instructions exactly may cause your procedure to be delayed or rescheduled to a later date.

Procedure Cancellation and Rescheduling:

Our office must be notified of all procedure cancellations and reschedules at least two business days prior to the procedure. To **CANCEL OR RESCHEDULE** a procedure, please call 352-674-8716. Again, there is **NO** guarantee of a morning appointment even if you reschedule.

WHAT IS A FLEXIBLE SIGMOIDOSCOPY?

The purpose of a flexible sigmoidoscopy is to look inside the sigmoid colon and rectum. The doctor will pass a flexible tube that has a small camera and headlight to see the inside of your colon on a TV monitor. The doctor can take biopsies of any abnormal areas and remove polyps. Sometimes this test is done with sedative medications.

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Follow these instructions to make this a one and done.

READ EVERY LINE CAREFULLY!

7 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY

- You should stop taking non-steroidal anti-inflammatory medicines (e.g., ibuprofen, Motrin, Aleve, Naprosyn and prescriptive NSAIDs) and Aspirin unless it has been prescribed by a doctor.
- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin, then you should not take any aspirin starting 7 days before the procedure.
- If you are prescribed one of the listed blood thinning/anticoagulation medications as follows:
 - Plavix (Clopidogrel)
 - Coumadin (Warfarin)
 - Fragmin (Dalteparin)
 - Arixtra (Fondaparinux)
 - Praxada (Dabigatran)
 - Brilinta (Ticagrelor)
 - Eliquis (Apixaban)
 - Pletal (Cilostazole)
 - Lovenox (Enoxaparin)
 - Effient (Parasugrel)
 - Xarelto (Rivaroxban)
 - Jantoven (Warfarin)

You will need to discuss with that prescribing provider the period your specific medication will need to be held prior to the date of your procedure. Our medical staff members can help coordinate any concerns if necessary. Call 325-674-8700.

5 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY

DATE: _____

Purchase The Following Items:

1. Two- 64-ounce bottles of Gatorade (do not purchase a red, purple, or blue colored flavor. If you are diabetic, you need to purchase Pedialyte.
2. 8.3-ounce bottle (14-day supply) of MiraLAX or a generic equivalent of this medication. This is available without a prescription.

1 DAY BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY

DATE: _____

What to eat: You must NOT eat any solid foods the day before your colonoscopy. You may only eat a clear liquid diet, including clear broth, Jell-O, and popsicles.

What to drink: You must drink only clear liquids for breakfast, lunch, and dinner. Be sure to drink plenty of liquids throughout the day. Liquids you CAN drink include water, black coffee,



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tea, apple juice, soda pop, club soda, and sports drinks such as Gatorade. Liquids you can NOT drink include milk, orange/pineapple juice, coffee with cream, and alcohol.

Taking your "bowel prep":

- For your procedure we recommend a "split prep" which means you will take one half of the prep the evening before the test starting at 6:00pm, and the other half the day of the test. Mix half of the MiraLAX powder (or generic equivalent) with one 64-ounce bottles of chilled Gatorade (if diabetic use Pedialyte) and shake well.
- Drink one 8-ounce glass of this solution every 15 minutes until the 64-ounce bottle is completed.
- After you are done you can ONLY consume clear liquids.
- We recommend drinking 8–16-ounce glasses of clear liquid to help prevent dehydration.
- Do NOT have any solid food until after the flexible sigmoidoscopy is completed.

Medications: If you have diabetes, we recommend you take only one-half the dose of long-acting insulin (e.g., Lantus) the night before the colonoscopy.

DAY OF FLEXIBLE SIGMOIDOSCOPY

DATE: _____

What to eat: you must NOT eat any food, suck candy, or chew gum until AFTER the procedure is over.

What to drink: You may drink water, black coffee (without sugar, milk, or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the procedure.

Medications: Do NOT take any medication for diabetes or diuretics (such as Lasix/furosemide) You may take your other medications, inclusive of your blood pressure medications with a small amount of liquid up to four hours before the sigmoidoscopy.

Taking your "bowel prep":

- You should have already completed one half of the MiraLAX prep the night before the procedure. You will take the prep just as you did the night before. Mix the other half of the MiraLAX with the other 64-ounce bottle of chilled Gatorade. Then drink one 8-ounce glass of this solution every 15 minutes until completed. You must take the second half of your prep starting at least 4 hours before the time your flexible sigmoidoscopy is scheduled and finish it no later than 2 hours before your procedure time, even if that means having to get up very early.
- After you complete the prep do not take any other liquid or food.
- Arrive 60 minutes before your scheduled appointment time accompanied by an adult who can drive you home after the test. Your driver is required to stay on the premises until you are ready to go home after the procedure.



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- If you choose to have the sigmoidoscopy performed without sedative medications, you may come alone. If you choose to have the sigmoidoscopy performed with sedative medications, then you must be accompanied by an adult who can drive you home after the test. **The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.**
- You should expect to spend at least 4 hours in our procedure's unit, longer if you are scheduled to have an additional test done on the same day.



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FLEXIBLE SIGMOIDOSCOPY CHECKLIST

Instructions: Here is a checklist of things to do as you prepare for your flexible sigmoidoscopy. As you do each one, check it off the list by marking an "X" in each circle. Make sure each box has been checked prior to coming in for your procedure. We encourage you to place this form on your refrigerator to assist in getting this one and done.

Before you Start:

- Read these instructions carefully
- Purchase an 8.3-ounce bottle (14-day supply) of MiraLAX or a generic equivalent of this medication. This is available at pharmacies without a prescription.
- Purchase 64 ounces of Gatorade (or Pedialyte if diabetic). Do not purchase a red, purple, or blue colored flavor.
- Make sure you have no questions about your medications. If you do, call your doctor.
- Make sure you have planned for someone to drive you home from your flexible sigmoidoscopy.

One Day Before your Flexible Sigmoidoscopy:

- Eat breakfast – clear liquids only, no solid foods
- Eat lunch – clear liquids only, no solid foods
- Eat dinner – clear liquids only, no solid foods
- Take one-half of the bowel prep at 6PM in the evening as instructed.
- Drink plenty of clear liquids throughout the day.
- If you have diabetes and take Lantus, take only ½ your typical dose.

Day of your Flexible Sigmoidoscopy:

- Do not eat any solid food until after the colonoscopy.
- Take the second part of bowel prep as instructed, starting 4 hours before and finishing at least 2 hours before your colonoscopy appointment.
- After you complete the prep do not take any other liquid or food.
- Arrive 60 minutes before the scheduled time accompanied by an adult who will be available to drive you home.
- Administered ½ dose of prescribed insulin and taken blood pressure medications only with 2 tablespoons of water.

If you have any questions or need to reschedule your exam, please call 352-674-8700.