



## **Flexible Sigmoidoscopy Preparation Instructions**

Dr. Raymond Mis & Dr. Alan Sonsky

You have been scheduled for a flexible sigmoidoscopy. 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.

### **Procedure Locations:**

- We perform procedures at several locations throughout The Villages.
  - The **Procedure Location** at which you are scheduled will contact you **1 week** of your scheduled procedure to confirm your procedure time, check-in time and location.
- 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.

***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.



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- If you take Insulin and diabetes medications, please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the procedure.
  - Do not stop these medications without the consent of your prescribing provider.
- You must stop taking Glucagon-Like Peptide-1 medications 2 weeks prior to the procedure.
  - Examples are: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
  - You must speak with your prescribing provider or the specialist at least 3 weeks before the scheduled procedure. Do not stop these medications without the consent of your prescribing provider.
- If you have a history of congestive heart failure, cardiomyopathy, or renal failure, you should not take a Magnesium Citrate bowel preparation and call the doctor that prescribed the flexible sigmoidoscopy.
- 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 352-674-8700.*

<b>5 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY</b>	<b>DATE:</b> _____
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- Do not take medications that will stop diarrhea.
  - Examples: Imodium or Pepto-Bismol.
- Do not take fiber medications or supplements.
  - Examples: Metamucil or Citrucel.
- Do not take any vitamins or supplements.
  - Vitamins and supplements leave behind a film in the colon making it difficult for the provider to visualize smaller polyps.
  - Example: Multi-vitamins, fish oil, vitamin D, iron, or turmeric.

### **Purchase The Following Items:**

1. Two Fleets Enemas



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### 3 DAYS BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY

DATE: \_\_\_\_\_

- Begin a low fiber diet. A low fiber diet helps make the cleanout more effective.
  - Low fiber examples include White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as: Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the number of meats.
- Increase your water intake.

### 1 DAY BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY

DATE: \_\_\_\_\_

**What to eat:** You must NOT eat any solid foods the day before your sigmoidoscopy. 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, 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.

### 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 2 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 may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.
  - One hour before you leave home, take the first Fleets Enema.
  - 30 minutes before you leave home, take the second Fleets Enema.
  - You may be directed by your doctor to come in early before your flexible sigmoidoscopy to complete the Fleets enemas.