

# Flexible Sigmoidoscopy Prep Instructions

Name: \_\_\_\_\_ Check-In Time: \_\_\_\_\_  
Appointment date: \_\_\_\_\_ Appointment time: \_\_\_\_\_  
Location: \_\_\_\_\_ Physician: \_\_\_\_\_

You may contact the Digestive and Liver Clinic between 8 AM-5 PM, Monday-Friday and the on-call physician during non-business hours including weekends and holidays at **214-645-0595**.

## 5 days before

---

- Arrange for someone to pick you up following your appointment. You will not be able to drive.
- Go to the grocery store or pharmacy and purchase **two (2)** Fleet enemas.
- Stop taking iron pills.
- It is **ok** to keep taking aspirin.
- For patients with diabetes who are taking insulin, please call your prescribing physician for instructions.
- Please inform our office if you are taking blood thinners such as Effient, Eliquis, Pradaxa, Plavix, Xarelto, or Coumadin. You may require further instructions.

## 1 day before

---

- You may eat normally until **6:00 PM**, then no solid foods after that time. You may have clear liquids. Clear liquids include strained juices (no pulp): apple, white grape, broth, water, Gatorade, Popsicles, Jell-O, coffee or tea (with no creamer).
- Use **one (1) Fleet enema** as per package instructions the evening before the procedure
- At night, take any prescription medications you normally take unless otherwise instructed by your physician or our clinic.

## Day of procedure

---

- Use the **second fleet enema** as per package instructions **at least 2 hours before** you leave for the hospital.
- You may drink only clear liquids up to 2 hours before your procedure., then do not eat or drink anything.
- **The morning of the procedure**, take your usual medications with a few sips of water. Follow the instructions the prescribing physician gave regarding your diabetic medications including insulin.

## Upon arrival

---

- Bring your insurance card and a picture ID but leave all other valuables at home.
- Expect the whole process (registration, pre-op, procedure and recovery) to take about 3 to 4 hours.

- Children under 12 are not allowed in the waiting room. Please make other arrangements for childcare.
- You **must** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.