



Flexible Sigmoidoscopy Instructions

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over the counter medications with you. ***If you must cancel or reschedule your appointment, please call our office, 404-257-0000 as soon as possible***

7 DAYS BEFORE YOUR PROCEDURE:

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure. We prefer patients to be off blood thinners (anticoagulants) prior to procedures. If you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox, you must have permission from your prescribing physician or cardiologist before stopping these medications. DO NOT stop taking your medication unless you have been instructed to do so by your prescribing physician. Please contact our office, 404-257-0000 if you have any questions or concerns about stopping your medication.

1 DAY BEFORE YOUR PROCEDURE:

Stop eating all solid foods no later than midnight. Clear liquids are acceptable to drink. Do not consume any red or purple liquids or alcohol.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

Not Clear Liquid:

- No red or purple items of any kind
- No alcohol
- No milk or non dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

Day of your PROCEDURE:

Stop drinking clear liquids 6 hours prior to your exam. You may take all of your usual morning medications with 4 oz of water ***up to 3 hours prior to your procedure.***

One hour before leaving home, take two (2) Fleet Enemas. Bring a list of all of your current medications, including any over the counter medications with you.

You are scheduled on: _____ @ _____ am/pm

at: _____.