

Preparing for Your Flexible Sigmoidoscopy

Follow all instructions as indicated, or adjusted, by your doctor

Flexible sigmoidoscopy is a procedure that allows your doctor to examine the rectum and the lower (sigmoid) colon. The flexible sigmoidoscope is a flexible tube about the thickness of your little finger. It is inserted gently into the anus and advanced slowly into the rectum and the lower colon.

1 WEEK before your flexible sigmoidoscopy

- **Please call us to let us know if you need to cancel or rebook at least 72 hours (three days) before your appointment.**
- **You may need to stop taking the following medications.** Ask the doctor who prescribed them and let them know you are getting a flexible sigmoidoscopy.
 - Coumadin / warfarin At least 3-5 days before procedure
 - Plavix / clopidogrel 5-7 days before procedure
 - Pradaxa / dabigatran 2-4 days before procedure
 - Xarelto / rivaroxaban 1-2 days before procedure
 - Ticlid / ticlodipine 7-10 days before procedure

The doctor may have you take Lovenox or aspirin instead.

2 DAYS before your flexible sigmoidoscopy

Purchase 2 Fleet enemas from any pharmacy. This does not require a prescription.

1 DAY before your flexible sigmoidoscopy

You may consume a regular diet on the day before the procedure.

1 NIGHT before your flexible sigmoidoscopy

- **Do NOT eat or drink any food or liquid after midnight.**
- **Take all of your regular medications** (including aspirin), except **those listed above** or others your doctor has told not to take before the test.
- **For patients using insulin**, we recommend half of the usual dose of long acting-insulin the night before the procedure and no short-acting insulin on the day of the procedure.
- **For oral diabetic medications**, do not take either the evening before or morning of the procedure.

2 HOURS before your flexible sigmoidoscopy

- **Take one of the Fleet enemas** according to the directions on the container.
- **Take the second enema** 30 minutes after the first enema.

- **Take all of your medications** (with a small amount of water), except diabetes medications as described above.
- **Allow time for the enema to finish** working before traveling.
- **Bring your pre-admission questionnaire** (if applicable) with you to your appointment.
- **You must have an adult driver** (18 years or older) since you will be sleepy from the sedating medications. The driver must be flexible as the test may run longer than expected. **We can't perform your flexible sigmoidoscopy (if you are receiving sedation) unless you have someone with you to drive you home.** The person driving you must check in with you for confirmation and pick-up instructions.

AFTER your flexible sigmoidoscopy

- **You should not work** or schedule other appointments or meetings following your procedure.
- **You should not drive** for the remainder of the day.
- **Some cramping or bloating is normal.** You can expect to pass gas, which will help you feel better.
- **Generally, you can eat or drink regularly after your procedure**, but your doctor may restrict your diet and activities, especially if a polyp was removed.
- **Avoid alcohol** for at least 24 hours.

Procedure Results

You will receive a phone call or letter at home with the results within 14 days of the procedure. If you don't, please call us.

If you have questions about any of these instructions, call 413-794-7364.