

Instructions for your FLEXIBLE SIGMOIDOSCOPY

Purchase the Following:

2 FLEET AENEMAS at your local Drug Store

PLEASE NOTE: Diabetics can take 3 vanilla-flavoured liquid meal replacements (such as Ensure or Glucerna) the **day before** the procedure but **not the day of** the procedure.

Four (4) Day before the Procedure:

STOP eating ALL seeds and nuts including: multigrain bread, sunflower seeds, flax seeds, fruits with seeds (tomatoes, cucumbers, grapes, watermelon, berries, etc.)

Day Before the Procedure:

Have a light lunch

14:00 (2:00PM): NO SOLID FOOD. YOU MUST REMAIN ON CLEAR FLUIDS ONLY.

Diabetics can take vanilla-flavoured liquid meal replacement.

Day of the Procedure:

NO SOLID FOOD. YOU MUST REMAIN ON CLEAR FLUIDS ONLY.

You must stop drinking **ALL** fluids **TWO (2) HOURS before** your appointment time.

- Two hours BEFORE you leave home, use the two (2) FLEET AENEMAS.
- Insert the first enema into the rectum and squeeze all of it in – be sure to hold it in for 5-10 minutes before going to the toilet to empty fully.
- After the first enema has been emptied out, use the second enema the same way.
- Lying down on your left side with knees to chest position is the best way to administer the enemas.
- A spouse or somebody you trust may be able to help you with administering the enemas.

*****You must have a driver for the day of the Procedure in order to receive sedation.*****

Medication Instructions

Carefully read these instructions if you are taking any of the medications below

Medications for blood pressure, cholesterol and thyroid	Should be taken the morning of the procedure with sips of water
Aspirin (325), Bufferin, Novasen	Discontinue the medication seven (7) full days prior to the procedure. You may restart the next day if no biopsy was done. You do not need to stop your Baby Aspirin 81mg.
Plavix (Clopidogrel)	Discontinue the medication seven (7) full days prior to the procedure. You may restart the next day if no biopsy was done.
Coumadin, Warfarin	Discontinue the medication five (5) full days prior to the procedure.
Xarelto (Rivaroxaban), Eliquis (Apixiban), Pradaxa (Dabigatran),	Discontinue the medication two (2) full days prior to the procedure.
Diabetic Medications: Metformin, Actos, Avandia, Januvia, Janumet, Avadamel, Actoplus, Met, Onglyza, Trajenta, Nesina	Take your usual dose on the day before the procedure as well on the day of the procedure.
Diabetic Medications: Glyburide, Diabeta, Glyclazide, Glipizide, Amaryl, Prandin, Starlix, Glucovance, Metaglip, Ductac, Avandaryl	Do not take the day before or the day of the procedure
Diabetic Medications: Lantus, NPH insulin	Take your usual dosing on the day before the procedure. Take $\frac{1}{2}$ your usual dose the morning of the procedure.
Aleve, Motrin, Advil, Ibuprofen (Anti-inflammatory)	Discontinue one (1) full day prior to the procedure. Celebrex and Vioxx need not be discontinued.
Iron Supplements	Discontinue five (5) full days prior to the procedure.
Pain or headache medication	Use plain Tylenol or prescribed medications for pain control