

Flexible Sigmoidoscopy Procedure Preparation

Very Important: Please read and follow all instructions carefully to ensure adequate bowel preparation. Inadequate bowel preparation for sigmoidoscopy can result in missed lesions, cancelled procedures, increased procedure time, and a potential increase in complication rates.

Purchase at Pharmacy: 2 Fleet enemas over the counter

*Do not eat or drink after midnight the evening before the procedure

On the day of your procedure:

1. Do not eat or drink anything.
2. Diabetic Medications are not to be taken the morning of your procedure. If you take any other medications in the morning, you may only take heart, seizure, blood pressure, or chronic pain medications at least 3 hours before your procedure.
3. Give yourself 1 Fleet enema 2 hours before leaving home.
4. Give yourself the second Fleet enema one hour before leaving home.

If you take **Plavix, ASA, Coumadin, Pradaxa, Effient, or NSAID's**, these should be held for 4 days prior to your procedure. You need to discuss this with your prescribing physician.

All of these medications should be avoided for 4 days prior to your procedure, in the event that you would need a biopsy or dilatation during the exam. By avoiding these, your risk for post-procedure bleeding is minimized.

Non-steroidal anti-inflammatory medications include:

Advil	Celebrex	Feldene	Medipren	Piroxicam
Aleve	Clinoril	Ibuprofen	Motrin	Sulindac
Ascriptin	Diclofenac	Indocin	Naprosyn	Voltaren
Empirin	Indomethacin	Nuprin		

Tylenol and other brands that contain acetaminophen are safe to use prior to your procedure.

***For your safety, you must have an adult accompany you to the procedure and remain at the facility the entire time in order to provide transportation afterward. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.**