

Prep Instructions for Flexible Sigmoidoscopy

Please review this entire document. These instructions are your physician's specific instructions. Follow all steps carefully to ensure a successful prep and procedure. *If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider.* **Questions?** Call 913-495-9600

10 Days

before your procedure

Review and start following all **MEDICATION GUIDELINES** included in this document.

- Consult with your prescribing physician before discontinuing any blood thinners, anticoagulants and /or diabetic medications.

7 Days

before your procedure

Stop taking prescription blood thinners and weight loss medications as described in the MEDICATION GUIDELINES included in this document. If these medications are not stopped, your procedure will have to be rescheduled.

3 Days

before your procedure

Start following LOW FIBER / LOW RESIDUE DIET included in this document.

- Stop eating nuts, seeds, corn, popcorn, raw fruits, raw vegetables, whole wheat foods, multi-grain foods, bran and fiber supplements.

2 Days

before your procedure

- **Purchase 2 Fleet Enemas from your local drug store.**
- **Continue following LOW FIBER / LOW RESIDUE DIET.**
- **Take medications as usual unless directed otherwise.**
- **CONFIRM arrangements with your friend/family member adult driver (18yrs+)**
- **DO NOT eat solid foods after midnight.**

1 Day

before your procedure

Start following CLEAR LIQUID DIET included in this document.

- **NO SOLID FOODS. CLEAR LIQUIDS ONLY.**
- **No liquids with red, blue or purple dye.**
- Drink plenty of clear liquids throughout the day to avoid dehydration. You may have clear liquids up until 6 hours prior to your procedure.

The Day

of your procedure

- **6 hours prior to your procedure time, stop all liquids.** Do not take anything by mouth including water, gum, mints, all tobacco products, vaping, recreational drugs, etc.
- **3 hours prior to your procedure time,** complete one Fleet Enema. Follow directions provided with the enema.
- **2 hours prior to your procedure time,** complete the second enema as directed.

Flex Sigmoidoscopy Prep Instructions

WHAT TO EXPECT

BEFORE THE PROCEDURE.

- If you are on blood thinners/anticoagulants, please contact your prescribing physician before discontinuing your medication. Medication guidelines are included in this document.
- If you are on diabetic medications, such as metformin or insulin, please contact your prescribing physician to discuss modifying doses during the clear liquid diet.
- Colonoscopy prep will likely require the purchase of food/drinks allowed on the low fiber and clear liquid diet. Information on these diets is included with this document. A shopping list including optional items is below.
- You will be sedated for this procedure. You will need to arrange for an adult friend or family member (18+) to drive you home. Ride share services (Uber, Lyft, etc.) are not acceptable transportation after your procedure.

THE PREP.

- DO NOT eat ANY solid food the day before your procedure. Eating solid foods the day before your colonoscopy will require us to reschedule your procedure. Refer to the Clear Liquid Diet section in this document.
- Be sure to have access to a restroom. Individual response time to prep may vary. You may have loose stools.
- You may be uncomfortable/bloated and feel chilled until you start having bowel movements (2-4hrs). Drinking warm, clear liquids, such as tea, warm apple juice or hot water can help.
- Alcohol-free baby wipes may ease skin irritation.
- Use over-the-counter hemorrhoid pads if necessary.

THE PROCEDURE.

- Bring the following to your appointment:
 - List of all current medications (including all over-the-counter medications/supplements)
 - Photo ID and up-to-date medical insurance card(s)
- Leave all valuables at home or with your driver (jewelry, smart watches, cell phones)
- You must have a friend/family member (18 yrs or older) to drive you home after your procedure.

AFTER THE PROCEDURE.

You will be sedated for this procedure. Due to the sedation, you may experience sleepiness, dizziness, forgetfulness, or light-headedness. Your judgement and reflexes may be impaired. These are normal reactions to the medication that can last for the remainder of the day.

FOR THE REMAINDER OF YOUR PROCEDURE DAY.

- DO NOT drive a vehicle or operate complex machinery
- DO NOT perform any strenuous activity
- DO NOT drink alcohol
- DO NOT smoke unsupervised
- DO NOT make any legal decisions
- Additional information will be included with your discharge instructions.

SHOPPING LIST

- Prescription laxative from your pharmacy
- Allowed food for low fiber/low residue diet
- Allowed beverages for clear liquid diet
- Alcohol-free baby wipes or flushable wipes
- Hemorrhoidal pads

LOW FIBER / LOW RESIDUE DIET

Eating only low-fiber foods for at least three days before your colonoscopy makes your bowel prep easier by limiting the amount of undigested food that has to pass through your digestive system.

Fiber is the part of foods such as fruits, vegetables and grains that is not digested. If it remains in your bowel it can mask areas that your doctor needs to see. Follow these general guidelines for at least three days prior to your colonoscopy:

- Avoid ALL nuts, seeds, dried fruits, dried beans and peas.
- Avoid whole grains and cereals.
- Choose cooked or canned fruits and vegetables over fresh ones.
- Choose white bread, white rice and products made with refined flour.
- Drink juices without pulp.
- Eat tender, well-cooked meats.

While you're eating a low-fiber diet, prepare all foods so that they're tender. Be sure to read food labels. Foods you might not expect (such as yogurt, ice cream, cereal and even beverages) can have added fiber. Look for foods that have no more than 1-2 grams of fiber in one serving.

Keep in mind that you may have fewer bowel movements and smaller stools while you're following a low-fiber diet. To avoid constipation, you may need to drink extra fluids. Drink plenty of water unless your doctor tells you otherwise.

Choose these foods:

- Tender meat, fish and poultry, ham, bacon, shellfish, and lunch meat
- Eggs, tofu and creamy peanut butter (no chunky peanut butter)
- Dairy products, if tolerated
- White rice and pasta
- Baked goods made with refined wheat or rye flour, such as bread, biscuits, pancakes, waffles, bagels, saltines
- Hot and cold cereals that have less than 2 grams of dietary fiber in a single serving
- Canned or well-cooked potatoes, carrots and green beans
- Plain tomato sauce
- Vegetable and fruit juices
- Bananas, melons, applesauce and canned peaches (no skin)
- Butter, margarine, oils and salad dressings without seeds

CLEAR LIQUID DIET

NO SOLID FOODS. CLEAR LIQUIDS ONLY.

Be sure to drink plenty of clear liquids with calories while on the clear liquid diet.

ALLOWED

- Water, including flavored water with no food dye
- Tea and black coffee - **NO milk, cream, creamers, or lighteners**
- Clear, light colored juices such as: apple, white grape, white cranberry
- Clear broth including: chicken, beef or vegetable
- Soda (Coke, Diet Coke, Pepsi, Diet Pepsi, Sprite, Mountain Dew, etc)
- Sports drinks: Gatorade, Powerade, or Propel **NO red, blue or purple**
- Popsicles without fruit or cream - **NO red, blue or purple**
- Jell-O or other gelatin without fruit - **NO red, blue or purple**
- Boost Breeze Tropical Juice Drink (Available on Amazon)
- Ensure Pre-Surgery Clear Carbohydrate drink (Available on Amazon)
- CF Nutrition CF(Preop) Carbohydrate Drink (Available on Amazon)
- Protein2o Whey Protein Isolate Infused Water (Available on Amazon)

NOT ALLOWED

- Anything with solid food
- Alcoholic beverages
- Milk or Cream
- Smoothies or Milkshakes
- Yogurt
- Applesauce
- Orange juice
- Grapefruit juice
- Soup (other than clear broth)
- Cooked cereal or oatmeal
- Juice, popsicles, or gelatins that contain red, blue, or purple dye

Medication Guidelines

IMPORTANT: Please carefully review this medication list and consult your prescribing provider before discontinuing any blood thinners/anticoagulants or diabetic medications. **DO NOT** make up or double up on any missed medications after your procedure.

	7 DAYS BEFORE PROCEDURE	5 DAYS BEFORE PROCEDURE	4 DAYS BEFORE PROCEDURE	3 DAYS BEFORE PROCEDURE	2 DAYS BEFORE PROCEDURE	1 DAY BEFORE PROCEDURE	DAY OF PROCEDURE
Blood Thinners / Anticoagulants							
Coumadin (warfarin) Plavix (clopidogrel) Effient (prasugrel)							DO NOT TAKE
Brilinta (ticagrelor)							DO NOT TAKE
Aggrenox Arixtra (fondaparinux) Eliquis (apixaban) Persantine (dipyridamole) Pletal (cilostazol) Savaysa (edoxaban) Xarelto (rivaroxaban) Pradaxa (dabigatran)							DO NOT TAKE
Weight Loss & Diabetic Medications							
Phentermine (all brands) Mounjaro (tirzepatide) Ozempic (semaglutide) Trulicity (dulaglutide) Wegovy (semaglutide) Zepbound (tirzepatide)							DO NOT TAKE
Vitamins & Supplements							
Fish Oil Iron Multivitamins St. John's Wart Vitamin E All other Vitamins & Supplements							DO NOT TAKE
Pain Relievers							
Aspirin (ASA) Tylenol (acetaminophen)							DO NOT TAKE
NSAIDs (Advil, Aleve, ibuprofen, naproxen, diclofenac, meloxicam)						Can continue taking in SMALL DOSES until day of procedure	