

# Prep Instructions for Flexible Sigmoidoscopy

## **You will need to purchase the following over-the-counter items:**

- 2 Dulcolax Laxative Tablets
- 1 Fleets Enema

**3 days before the procedure:** Stop taking any blood thinning medications such as: Aspirin, Ibuprofen, Aleve, Plavix, Vioxx, Naproxen, Coumadin, and Heparin. Tylenol may be taken as needed for pain. Stop taking any anti-inflammatory medications and any iron or multi vitamins with iron. Talk to your prescribing doctor before stopping any medications.

**The afternoon before the procedure:** After lunch, you will be on a clear liquid diet for the rest of the day. Clear liquids include water, tea, clear juices, soda, & coffee without cream or milk, broth, or Jell-O without red or blue dye. You can stay on clear liquids until 4 hours before your check-in time.

**At 5:00 PM:** Take 2 Dulcolax laxative tablets

**One hour before coming to the facility:** Take the Fleets enema while laying on your left side.

### **PLEASE NOTE:**

*Bring your insurance card(s) & photo ID.*

*You will be sedated for this procedure. It is required to have someone drive you home. You should expect to be at the facility for approximately 2 hours. Your doctor will speak with you after the procedure. At that time you may want your driver present to help you recall the discussion due to being sedated.*

***WE DO REQUIRE 24 HOUR NOTICE OF CANCELLATION.  
FAILURE TO PROVIDE 24 HOUR NOTICE MAY BE SUBJECT TO A CANCELLATION  
FEE.***