

# Flex Sigmoidoscopy Preparation Guide



Monadnock  
GASTROENTEROLOGY ASSOCIATES



## Shopping Guide

### Pharmacy Shopping List:

- **Fleet Saline Enema Laxative 2 bottles (or generic equivalent)**

### Grocery List -Clear liquids:

- Sports drinks (not red, blue or purple)
- Apple or white grape juice
- Clear broth or bouillon
- Water
- Coffee/tea without milk
- Plain Jell-O & italian ice (not red, blue or purple and no fruit or toppings)



## 7 Days Before Procedure

- Stop **ALL** vitamins and supplements including Fish Oil, Iron and NSAIDs
- Stop any fiber supplements such as Metamucil, Benefiber, or Citrucel - check with managing clinician for alternative
- If you are on a prescription blood thinner and have not received instruction, please call Monadnock Gastroenterology Associates at 603.924.2600
- If you are a diabetic, call your managing or prescribing doctor to determine how your medication should be taken on the day of your procedure
- Confirm your driver and contact phone number for transport home. You **MUST** have a ride home from a responsible adult as you will have received sedation. Inform them that the procedure will take approximately 2 hours



## 2 Days Before Procedure

- Begin a low residue and low fiber diet. These foods process quickly through the colon, providing an easier and more comfortable preparation.
- **STOP** eating
  - Bread or crackers with fiber, wheat, seeds
  - Raw vegetables and fruit with skin, beans
  - Red meats
  - All nuts, seeds and popcorn, raisins
  - Gum, mints and hard candy
  - Alcohol
  - Anything with red, blue, or purple coloring
- Stop eating solid foods at 11:59 pm



## 1 Day Before Procedure

- Only drink clear liquids the ENTIRE day.
- NO solid foods.
- Drink 8 ounces of clear liquids every hour after waking up
- **5:00 PM**
  - Administer one of the fleet saline enemas following directions on packaging



## Day Of Procedure

- **5 hours before scheduled arrival time:**
  - Administer the second fleet saline enemas following directions on packaging
- Stop drinking fluids 4 hours prior to arrival
- Remember NO solid foods, gum or mints
- If you are on **blood pressure, asthma, and seizure medication** you must take your medication the morning of your procedure, prior to check-in.
- Please bring a medication list to your procedure



# Important Information



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## DIABETIC AND WEIGHT LOSS MEDICATIONS

Albiglutide (Tanzeum, Eperzan), Dulaglutide (Trulicity), Exenatide ER (Bydureon Bcise), Exenatide IR (Byetta), Liraglutide 3mg (Saxenda), Liraglutide 1.2 mg or 1.8mg (Victoza), Lixisenatide (Adlyxin, Lyxumia), Naltrexone-Bupropion (Contrave), Orlistat (Alli), PhenQ, Phentermine or Phentermine/Topiramate (Lomaira, Adipex-P, Qsymia), Pramlintide (Symlin), Semaglutide (Ozempic Wegovy, Rybelsus), Setmelanotide (Imcivree), Tirzepatide (Mounjaro, Zepbound)

**These medications delay gastric emptying and must be stopped for ONE FULL WEEK prior to procedure. Please reach out to prescribing provider for further instruction.**

## BLOOD THINNERS

Coumadin  
Plavix  
Eliquis  
Brillinta  
Xarelto  
Pradaxa

Our nurse will contact prescribing provider for instruction on holding these medications. If you have not heard from one of our nurses one week prior to your procedure please reach out at 603.924.2600



**It is critical you follow the preparation instructions.**



Ensure all necessary insurance information and payment arrangements are in order before the procedure. If your insurance company requires a referral or prior authorization, please ensure our office has received it before the procedure. If there has been a change in your insurance information since your procedure was scheduled, please call our office to be sure your information is up to date.



Due to the sedative medications administered during the procedure, you will not be able to drive yourself home afterward. Please arrange for a responsible adult to accompany you to the appointment and drive you home afterward. It's also advisable to avoid making any significant decisions or operating heavy machinery for the remainder of the day. **You will need a responsible adult to drive you home from your appointment; otherwise, your procedure will be canceled.**

Thank you for entrusting us with your care. We look forward to seeing you for your appointment. If you need to reschedule or have any further questions, please get in touch with our office at **603.924.2600**.  
**Regular business hours: Monday-Friday, 8:00 a.m. - 4:00 p.m.**