

## **Flexible Sigmoidoscopy Prep Instructions**

**You are scheduled for a Flexible Sigmoidoscopy with Dr. Michael Gilbert.**

The following is the preparation guide for your upcoming procedures. The purpose of bowel prep is to clean your sigmoid colon. It is critical you finish **ALL** the prep instructions as directed to clean your bowels adequately.

### **Essential information to note:**

- **You will need a responsible adult to drive you home from your procedure;** this is due to the administration of sedative medications during your procedure. You **CANNOT** drive the remainder of the day and it is also advised you avoid making any significant decisions or operate heavy machinery the remainder of the day. **Your procedure will be cancelled if you do not have an adult to drive you home.**
- **Ensure Monadnock Gastroenterology Associates has up to date insurance information prior to arriving for your procedure.** Insurance companies vary coverage for all endoscopy procedures.
- **Recommended questions to ask your insurance:**
  - Ask about coverage for Flexible Sigmoidoscopy
  - Ask about procedure site of care coverage.
  - Ask about “out-of-pocket” expenses, including co-pays, co-insurance, or any deductible.
  - Ask about coverage for specimens removed and sent to pathology.
- **If you are diabetic or take GLP-1 medications (Ozempic, Trulicity, Mounjaro or equivalent)** – be sure to contact your managing or prescribing provider for medication instructions. You should watch your blood sugar closely during colonoscopy prep.
- **If you are on a prescription blood thinner/antiplatelet medication (such as Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Pradaxa, Effient, or an equivalent),** a nurse will contact your prescribing provider for instructions on holding this medication. If you have not heard from one of our nurses one week prior to your procedure, please contact Monadnock Gastroenterology Associates at 603-924-2600

### **SHOPPING LIST:**

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

### **ONE WEEK BEFORE YOUR PROCEDURE**

- Stop all Vitamins and Supplements, including Fish Oil and Iron.
- Stop any fiber supplements such as Metamucil, Benefiber or Citrucel.
- Stop taking all NSAIDs (Ibuprofen, Advil, Aleve, Motrin, Naprosyn, Celebrex).
- You can continue taking Aspirin 81 mg.
- Note: Tylenol (acetaminophen) does not interfere with your procedure.

### THREE DAYS BEFORE YOUR PROCEDURE

- Begin a Low Residue, Low Fiber diet. These foods process quickly through the colon, providing an easier and more comfortable preparation.

FOODS TO AVOID	FOODS YOU <u>CAN</u> EAT
Nuts and seeds, Beans, Raw fruits and vegetables with peels & seeds, Popcorn, Raisins, Other dried fruit, High fiber cereals, Oatmeal, Alcohol	Eggs, White bread, Plain Bagels, Chicken, Turkey, Ham, Fish, Crackers, Plain or Vanilla yogurt, Pasta, Waffles or Pancakes, Lunch Meat, Applesauce, Bananas, Cantaloupe, Avocado, Creamy Peanut Butter or Almond Butter, Mashed Potatoes, Low Fiber Cereal, Ice Cream, Sherbet, Sorbet, Canned or Cooked Fruit without seeds or peels

### BOWEL PREP INSTRUCTIONS

#### ONE DAY BEFORE YOUR PROCEDURE

**The day before your Flexible Sigmoidoscopy is your “Prep Day.”** Drink **CLEAR LIQUIDS ONLY** on your Prep Day. Do not eat any solid food on your Prep Day.

**Examples of CLEAR LIQUIDS:** Water, Gatorade, Propel, Vitamin Water, Pedialyte, Crystal Light, apple juice, white grape juice, pear juice, flavored water, soda, tea or black coffee without any milk or cream, broth (chicken, beef, or vegetable), popsicles, Jell-O, Italian ice. **NO RED, BLUE OR PURPLE**

*You should stay very hydrated all day, drinking at least one 8-ounce glass of water each hour.*

- Do not consume any alcohol the day before your procedure.
- **At 5:00 pm:** Administer one fleet saline enemas following the directions on packaging.

#### THE TIMING OF THE LAST PART OF THE PREP DEPENDS ON WHEN YOUR PROCEDURE IS SCHEDULED:

**If you are scheduled to arrive between 6:30 am and 11:15 am:**

- **At MIDNIGHT:** Administer one fleet saline enemas following the directions on packaging.

**If you are scheduled to arrive between 11:30 am and 3:00 pm:**

- **At 6:00 am (ON THE DAY OF YOUR PROCEDURE):** Administer one fleet saline enemas following the directions on packaging.

*If you are on **blood pressure, asthma, and/or seizure medication** you must take your medication the morning of your procedure.*

#### **ABSOLUTELY NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR PROCEDURE.**

*If you eat or drink anything within 2 hours of your scheduled procedure, your procedure will be cancelled.*



**Please bring a medication list to your procedure and arrive at the main entrance of the hospital and follow the signs for the “Day Surgery Waiting Room” to check in.**

*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 contact our office at 603-924-2600.*

*Regular business hours: Monday-Friday, 8:00 a.m. - 4:00 p.m.*