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## Instructions for Your Flexible Sigmoidoscopy Procedure

### Getting Prepared

If you need to cancel or reschedule your procedure, please (270) 781-5111 as soon as possible.

### **BE SURE YOU'RE READY FOR YOUR PROCEDURE**

Your doctor has ordered a procedure to check your colon for any problem. **Read this whole handout right away and do each step carefully.** Your colon must be empty and clean for the doctor to see. If your colon is not empty and clean we will not be able to perform the procedure. The procedure will take 15-30 minutes, then you will need a post procedure recovery time of approximately 30 minutes to one hour. The total length of time is approximately 2 ½ - 3 hours.

### 1 – 2 Weeks Before Your Procedure

- Make plans for someone to drive you to and from the procedure. We cannot let you leave if you are alone.
- Plan to take off work the day of your procedure. You will be sleepy and forgetful after your procedure.

### Diabetes

If you have diabetes, your insulin dose may require adjustments by your Primary Care Provider (PCP) or Endocrinologist. Please monitor your blood sugar the day before the procedure as you will be required to be on clear liquid diet. **On the day of the procedure, you should not take your oral diabetic medications. Please contact your Primary Care Provider (PCP) or Endocrinologist regarding insulin dosage.**

### Medications

Don't take any of these medications **5 DAYS PRIOR** to your procedure:

- Ibuprofen (Motrin, Advil)
- Alka Seltzer
- Iron Supplements
- Pepto Bismol
- Celebrex
- Naprosyn (Aleve)
- Herbal Supplements
- Other NSAIDS
- Fish Oil (or oil-based supplement)
- Metamucil (or any other supplement)
- Vitamin E
- Piroxicam

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- Ginko Biloba

If you take any of the following anticoagulants, please ask the prescribing Physician, Primary Care Provider (PCP) or Cardiologist, if and when they should be stopped prior to your procedure.

- Plavix
- Xarelto
- Brilinta



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- Eliquis
- Pradaxa
- Coumadin (warfarin)
- Effient
- Lovenox (enoxaparin)
- Other blood thinners
- Heparin

UNLESS SPECIFICALLY INSTRUCTED OTHERWISE BY YOUR PROVIDER, KEEP TAKING ALL OF YOUR REGULARLY PRESCRIBED MEDICATIONS **INCLUDING ASPIRIN.**

### **5 Days Before Your Procedure**

PURCHASE THE FOLLOWING AT THE DRUG OR GROCERY STORE (IF INSTRUCTED BY YOUR PHYSICIAN):

- One 10 ounce bottle of magnesium Citrate
- Two Fleet Enemas (green box)

### **DAY BEFORE YOUR PROCEDURE**

**Drink the Magnesium citrate at 7:00 p.m. No Food or drink after midnight.**

**PLEASE NOTE THAT INDIVIDUAL RESPONSES TO LAXATIVES MAY VARY. THIS PREP MAY CAUSE MULTIPLE BOWEL MOVEMENTS.** It often works within 30 minutes, but may take several hours to produce results. Please remain within easy reach of the toilet facilities.

### **On the Day of Your Procedure**

**DO NOT EAT ANY FOOD UNTIL AFTER YOUR PROCEDURE.**

- Take the day off from work. You will be sleepy and forgetful after you procedure.
- Take your prescribed medicines with one sip of water **but not food** on the morning of your procedure.
- **DO NOT** eat or drink anything including water, chewing gum, hard candies and chewing tobacco for two hours prior to your procedure

**90 minutes before you leave home for the procedure, administer the two enemas.**

Follow these insertion directions:

1. Lie on your left side.
2. Remove the cap from the tip of the enema bottle.
3. Insert the tip of the enema bottle gently into your rectum, about four inches.
4. Slowly squeeze the entire contents of the bottle into your rectum.
5. Hold the fluid inside of you for about 15 minutes, if possible.
6. Sit on the toilet and expel the fluid.
7. Immediately repeat steps 1-6 for the second enema.



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**Location:**

- Greenview Surgery Center/ 270-938-6500
- Tristar Greenview Endoscopy/ 270-793-2370
- Medical Center Bowling Green Endoscopy/ 270-745-1844

**Check-in date:** \_\_\_\_\_

**Check-in time:** \_\_\_\_\_

- **Physician:** \_\_\_\_\_ Dr. Avinash Aravantagi \_\_\_\_\_ Dr. Cory Fielding
- \_\_\_\_\_ Dr. Donald Rauh \_\_\_\_\_ Dr. Ashish Tiwari

**Please bring a list of all medications that you take with the dosage listed.**

Your driver must check in with you and remain in the hospital. You will be groggy and not able to drive until the Next day. If you do not have a driver, your procedure will be cancelled.

**We ask that your ride be available in the hospital, you may ask your nurse about the timing.**