

Flexible Sigmoidoscopy With Sedation Prep

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Flexible Sigmoidoscopy With Sedation

READ ALL INSTRUCTIONS A WEEK BEFORE YOUR PROCEDURE

If you start Blood Thinner or Weight loss medications after scheduling your procedure, or have questions, please call our office 303-788-8888, or visit www.southdenvergas.com

7 OR MORE DAYS BEFORE THE SIGMOIDOSCOPY

- **Purchase (2) TWO 4.5 oz FLEET brand Sodium Phosphate Saline enemas or an equal generic.** You can purchase the enemas at any pharmacy without a prescription. Ask the Pharmacist for assistance if necessary. **DO NOT** purchase enemas with other ingredients such as mineral oil or glycerin.
- **AVOID** a high fiber diet including such foods as nuts, seeds, popcorn, whole grain breads, cereal, bran, and granola for a week before your sigmoidoscopy.
- If you take **BLOOD THINNERS** we will obtain authorization from your prescribing doctor for you to hold them. We will call you with specific instructions. If we have not called you at this time, please call our office immediately.
- If you take **Warfarin, Coumadin, or Jantoven**, you must have your **PT/INR checked the day before** your procedure. We will give you specific instructions for this test.
- Take your heart and blood pressure medications as close to your regular schedule as possible. If you are scheduled to take them within the 2 hours prior to the

scheduled procedure time, please take them earlier than the 2 hours and with only a small amount of water.

- If you are scheduled to have anesthesia, the anesthesiologist may contact you to review your medical history, medications and allergies. **Tell us now if you are allergic to soy, peanuts or egg yolks.**
- Diabetes medications: We ask that GLP-1 medications be held for 7 days. Please contact your prescribing provider's office for specific instructions.
- If you take a prescription type weight loss medication such as **Phentermine** you must hold it for 7 days before the procedure because of possible adverse drug interactions with the anesthetic medications.
- **DO NOT STOP** Contrave or Naltrexone.
- If you use inhalers for Asthma bring them with you. If you use a CPAP or BIPAP for sleep apnea, bring your machine with you.
- Sedation: Conscious (goal is to keep you comfortable / you may or may not sleep) OR: Anesthesia/MAC (you will sleep). Both may leave you feeling groggy, dizzy, sleepy, nauseous. Vomiting may occur.

THE DAY BEFORE THE SIGMOIDOSCOPY

- **NO SOLID FOOD AFTER MIDNIGHT**
- YOU MAY HAVE CLEAR LIQUIDS FROM THIS LIST UNTIL 4 (FOUR) HOURS BEFORE THE PROCEDURE:
 - Broth or consommé
 - Clear broth (chicken, vegetable or beef bouillon)
 - Tea or coffee (No cream, milk or non-dairy creamer)
 - Kool-Aid (No red or purple) or Gatorade/PowerAde
 - White Cranberry Juice
 - Apple Juice
 - Lemonade/Limeade
 - Italian Ices / Popsicles

- Jell-O
- Hard candy
- **YOU MAY NOT HAVE** anything red or purple (as they can stay in the GI tract and look like blood), milk, milk products, non-dairy creamers, juices with pulp, nectar or alcoholic beverages.

THE DAY OF THE SIGMOIDOSCOPY

- **AFTER _____ YOU MAY NOT EAT OR DRINK ANYTHING, INCLUDING WATER. THIS IS 4 (FOUR) HOURS BEFORE YOUR PROCEDURE WITH SEDATION.**
- **ONLY EXCEPTION:** Take Heart, Blood Pressure, Anti-seizure medications with small sips of water at the time you normally would.
- **1-2 hours before you leave for the procedure follow the package instructions to insert (2) two enemas into your rectum, hold for 5-10 minutes and release the liquid in the toilet.**
- If you are a **DIABETIC** and monitor your blood sugar, please check it before you leave for the procedure.