



Outpatient Flexible Sigmoidoscopy Preparation:

Seven (7) days before your procedure you should **discontinue** the use of any **medications containing iron.**

DO NOT EAT any seed like material (eg popcorn, sunflower seeds, strawberries, corn, etc) for **seven (7) days before your procedure.**

The day before your procedure there should be NO SOLID FOODS consumed.

You may only have the following:

• Chicken/Beef/Vegetable Broth	• Black Coffee/Tea
• Yellow/Green Jell-O	• Yellow/Green Popsicles
• Clear Grape Juice	• Sprite
• Non-Pulpy Apple Juice	• Ginger Ale

DO NOT ingest liquids that are red or purple in color. No milk or creamers.

No alcohol. If you are a smoker, please refrain from smoking the day of your procedure. *Includes: e-cigarettes, cigars, pipe, cigarettes, and marijuana.*

You may take blood pressure, heart or seizure medications the morning of your procedure with a small sip of water six (6) hours before your procedure.

You **MUST** bring an adult patient representative (age 18 or older), the representative **MUST** be able to remain at the facility from admission to discharge, be able to make medical decisions regarding your care, be able to speak with the physician, receive your procedure results, understand your post care instructions, and drive you home. Since you will be sedated, you will be groggy after the procedure and care instructions/procedure results will be given to your representative.

SPECIAL INSTRUCTIONS: (ONLY FOLLOW IF CHECKED)

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- _____ Dulcolax 10mg PO the day before at 3:00PM
 - _____ Discontinue Plavix-Clopidogrel/Effient/Aggrenox/Brilinta seven (7) days before the procedure.
 - _____ Discontinue Coumadin/Warfarin/Jantoven five (5) days before the procedure.
 - _____ Discontinue Pradaxa/Xarelto/Eliquis (3) days before the procedure.
 - _____ Discontinue **ORAL (BY MOUTH) DIABETIC MEDS** the night before and morning of the procedure.
 - _____ Discontinue Phentermine/Adipex seven (7) days before the procedure.
 - _____ Hold GLP-1 agonists **on the day of** the procedure when the medication is taken **DAILY**
 - _____ Hold GLP-1 agonists **a week prior** to the procedure when the medication is taken **Weekly.**

Instructions for Flexible Sigmoidoscopy

You will need to purchase the following over the counter products at any pharmacy:

- 1-296ml/10oz bottle of clear Magnesium Citrate
 - 4- Dulcolax 5mg tablets
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The day before the procedure on _____ follow the below instructions:

- **4:00PM:** Drink 10 ounces of clear Magnesium Citrate. Immediately follow with at least 10 ounces of clear liquids.
 - **8:00PM:** Take 4 Dulcolax 5mg Tablets. Immediately follow with at least 10 ounces of clear liquids.
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NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

No chewing gum, breath mints, tobacco, or alcohol products of any kind.

ABSOLUTELY NO PILLS OR LIQUIDS WITHIN SIX (6) HOURS OF YOUR PROCEDURE TIME.