



## INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY PREP

**\*\*\***You will need to purchase one (1) 28 oz bottle of Gatorade (NO Red or Purple), a 8.3oz (238g) bottle of MiraLAX and one saline enema. Both of which are available over the counter and do not require a prescription\*\*\*

Consult your Primary Care Physician if you are taking or have the following medical concerns:

**Coumadin/Jantoven/warfarin:** Stop it five (5) days before your colonoscopy if approved by your physician prescribing this medication. Do not take this medication on the day of your procedure. Ask your physician when to resume this medication

**Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis;** Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

**Brilinta:** Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

**Aggrenox:** Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

**Xarelto/Savaysa:** Stop three (3) days before colonoscopy- **only if approved by prescribing physician**

**Iron pills:** Stop for seven (7) days before colonoscopy

**Dialysis Treatment:** Alternate treatment may be used.

**\*\*Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

**\*\*Blood Pressure/Heart Medication:** Please take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

**Insulin:** You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. **Ask your physician when to resume your insulin.**

**Inhalers:** Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

**Heart Valve Replacement/ Pacemaker with Internal Defibrillator**

### DAY BEFORE FLEXIBLE SIGMOIDOSCOPY

If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. CLEAR LIQUIDS DIET ALL DAY – **no milk or milk products.**

**At 5:00 P.M.** Mix a 28oz of Gatorade with 7 capfuls of MiraLAX and drink mixture, followed by 16oz of water

You may continue drinking clear liquids until midnight

#### CLEAR LIQUIDS

Water

Strained fruit juices without pulp

Broth or Bouillon

Jello – any flavor – no red jello

Clear sodas – 7up, Sprite, Ginger Ale, etc.

Popsicles – no red or purple

Coffee or Tea without creamer

Ensure and Ensure plus (vanilla only)

No red or purple liquids

### DAY OF FLEXIBLE SIGMOIDOSCOPY

1. Nothing by mouth after midnight except approved medications listed above \*\* with a sip of water.

You may brush your teeth and rinse with water. **NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO, NO SMOKING**

2. Two (2) HOURS PRIOR TO PROCEDURE–SALINE ENEMA UNTIL CLEAR

3. You will be medicated and you need to bring someone with you to drive you home.

4. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785.354.1254

2200 SW 6<sup>th</sup> Avenue, Suite 103

Topeka, KS 66606

Check-in Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

KMC Gastroenterology, 785-354-8518

If you are unable to keep your appointment, please notify the office within 48 hours prior to your scheduled procedure.