Preparing for Your Procedure

**Stop taking the following medications:**
You will need to stop taking certain blood-thinning medications in the days before your procedure. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

7 Days Prior To Your Procedure:
- Stop taking all anti-platelet medications:
  - Plavix (clopidogrel), Pletal, Ticlid (ticlopidine),
  - Aggrenox, Agrylin (anagrelide), or Effient.

5 Days Prior To Your Procedure:
- Stop taking Coumadin (warfarin) and Jantoven.

2 Days Prior To Your Procedure:
- Stop taking Pradaxa (dabigatran), Xarelto (rivaroxaban),
  - Eliquis (apixaban), and iron supplements.

12 hours Prior To Your Procedure:
- Stop taking Lovenox

**Follow a special diet before the procedure.**
Prior to your procedure, you will not be able to eat solid food the day of your exam. Drinks are limited to clear liquids only (water, sports drinks, tea, broth, jello, popsicles, clear fruit juices without pulp, coffee without milk or creamer, or clear carbonated beverages). Avoid red and purple liquids, which can be confused with blood during the procedure. You must stop drinking six hours before your exam.

Use an enema.
Before a flexible sigmoidoscopy, you’ll need to clean out (empty) the lower portion of your colon. To accomplish this, you will need to administer yourself an enema. The solution in your enema will cause you to have a bowel movement. You should plan on being near a bathroom after taking your enema. Any residue in your colon may obscure the view of your colon during the exam.

Bring a medication list.
Tell your doctor about all the medications and supplements you’re taking before your sigmoidoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water.

Plan ahead for your recovery.
Most patients do not receive sedation for this procedure. If you would like to receive sedation/anesthesia for your procedure, please speak to your doctor regarding your options. If you receive sedation/anesthesia, you will need to arrange for a driver to take you home. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, or bus, or leave the Center alone.

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.
Flexible Sigmoidoscopy Bowel Preparation Instructions

Shopping List (these products can be purchased without a prescription):
2 (two) Saline Enemas. A colon cleansing product.

Saline enemas are taken to cleanse the lower part of your colon. Enemas are administered through the rectum. You will take the first enema 3 hours before your procedure and the second enema at least two hours prior to your sigmoidoscopy.

Bowel Prep Instructions:
No solid food starting after midnight prior to your procedure.
You may have clear liquids only on the day of your procedure.

______________: on the morning of your procedure
Nothing more to eat, drink, or chew. IF YOU DO NOT STOP EATING AND DRINKING (6) SIX HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.

Three hours prior to your procedure

Administer the first enema
Step 1: Remove the protective shield from the tip of the enema.
Step 2: Assume a left side lying position. Lie on your left side with your right knee bent toward your chest.
Step 3: Gently insert the tip of the enema into your rectum with steady pressure.
Step 4: Squeeze the enema bottle until the laxative dose is expelled. A small amount of liquid may remain in the bottle.
Step 5: Remove the tip and maintain your position until the urge to evacuate is strong (usually 2 to 5 minutes).
Step 6: Go to the bathroom and expel the enema into the toilet.

Two hours prior to your procedure

Repeat steps 1 through 6 for the second enema.

Tips for your bowel preparation:

Avoid high-fiber foods such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain breads, or nuts for several days prior to your procedure.

Stay very close to a bathroom after administering the enema. Your bowel movement may be urgent, explosive, and liquid.

Use soft toilet paper, hemorrhoid wipes and/or Vaseline for skin irritation.

Discontinue use of the enema if resistance is encountered when inserting the tip; forcing the enema can result in injury.

If you live 2 hours or more away from the Center, call to make adjustments to your preparation times.

Enemas are for rectal use only. If swallowed, contact the Poison Control Center or get medical help right away.

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