

FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS



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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.

Your Appointment is scheduled for:

Date: _____
Check in Time: _____
Procedure Time: _____

Location:

- Endoscopy Center of Colorado Springs, 2940 N. Circle Dr.
- Penrose Main Hospital GI Lab 2222 N. Nevada Ave.
- St. Francis Medical Center 6001 E. Woodmen Rd.

If you are scheduled at the hospital:

- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

Your procedure is scheduled with:

- Dr. Van Os
- Dr. Lunt
- Dr. Howden
- Dr. Garza
- Dr. Cesario
- Dr. Kavanaugh
- Dr. Baker

