

## Preparation for a flexible sigmoidoscopy

**NOTE: Follow these instructions only if you are schedule for a flexible sigmoidoscopy. This preparation is not adequate for a colonoscopy.**

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

### SUPPLIES:

**Two Fleets® enemas (may be purchased over the counter)**

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**DAYS BEFORE THE PROCEDURE:**

Do not take any aspirin, NSAIDs or Ibuprofen products. Tylenol (acetaminophen) is allowed



If you are taking anticoagulants or blood thinners such as Coumadin, Plavix (clopidogrel), Persantine (dipyridamole), Ticlid (ticlopidine), Aggrenox, Pletal or aspirin regularly, please discuss this with your physician. In most circumstances, these medications are discontinued prior to your procedure.

### THE DAY BEFORE THE PROCEDURE:

You may follow your regular diet until **midnight**, after **12:00AM** only clear liquids are allowed. You may drink clear liquids until **5 HRS** before your procedure. Also, no chewing gum, hard candy or chewing tobacco may be consumed at least **5 hours** before your appointment.

By rule of thumb, a clear liquid is one that can be seen through. Some examples include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, Italian ice, tea, coffee, clear hard candy, etc.

**THE DAY OF THE PROCEDURE:**

**DO NOT HAVE ANYTHING TO EAT.**

At **5:00 AM**, take any currently prescribed heart and blood pressure medications (except for blood thinners as detailed above).

If you are diabetic: Do not take your diabetic medication (pills or insulin) the morning of your procedure.

**Three hours** before your scheduled procedure time administer the first enema, one hour later take the second enema. Please read package instructions for proper use.

Please report to your appointment at the scheduled time.

**NOTE:** The procedure will last about one-half hour. A driver must come with you in order to drive you home after the procedure. You will be sedated for your flexible sigmoidoscopy and you may not drive or work for **12 hours** after the procedure.

If you have any questions please call our office at **(305)-223-5858**.

Kendall Regional Endoscopy Center can be contacted at **(305) 227-5578**.