

## Flexible Sigmoidoscopy Instructions

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

- Citrus Endoscopy Center: 6412 W. Gulf to Lake Hwy, Crystal River (352) 563-0223
- Suncoast Endoscopy Center: 3621 E. Forest Drive, Inverness (352) 637-2787

### Items For Bowel Prep (Available Over-the-Counter):

- 1) One (1) Fleet Enema
- 2) 4 DULCOLAX OR 3 SCOOPS/3 PACKETS OF MIRALAX (*Available over-the-counter*)
- 3) Two (2) Extra Strength Gas-X tablets
- 4) One 64 oz Gatorade/Powerade (NO red or purple flavors)

Hold the following medication(s): \_\_\_\_\_ starting \_\_\_\_\_

Hold GLP-1 Agonists: Semaglutide (Ozempic/Wegovy/Rybelsus), Dulaglutide (Trulicity), Liraglutide (Victoza/Saxenda), Tirzepatide (Mounjaro/Zepbound)

- If oral **daily**: Hold medication for **2 days prior** to the procedure date.
- If injectable **weekly**: Hold medication for **1 week prior** to the procedure date.

### One day prior to your procedure:

- Do NOT smoke, drink alcohol or use marijuana the day of your procedure.
- Take half (½) dose of your usual insulin.
- CLEAR LIQUID DIET ALL DAY. HYDRATION IS YOUR PART OF YOUR PREP! Drink lots of fluids. It's ok to have juice, broth, tea, coffee, Jell-o, gatorade/powerade, and popsicles. **NO RED OR PURPLE. NO MILK OR DAIRY PRODUCTS.**
- When you wake up, drink an 8 oz cup of any clear liquids.
- Continue to drink 8 oz of clear liquids every 90 minutes.
- **At 8:00pm** take 2 Gas-X tablets and take 4 dulcolax tablets.
- **At 9:00pm** drink 64 oz Gatorade or 64 oz of water/juice.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!!**

### Day of your procedure

- **At 6:00am** use the Fleet Enema. Do not smoke or drink alcohol.
- Take your heart, blood pressure, and/or seizure medication(s) in the morning with a sip of water.
- Take half (½) dose of your usual insulin.
- Bring your I.D. and method of payment.
- Leave all personal items at home. Wear warm socks. We are NOT responsible for lost items.
- **Arrange for a driver to take you home!**

\*Anesthesia is billed separately (billed through your insurance first)

\*Pathology charges are generated after procedure (billed through your insurance first)

***IF YOU HAVE QUESTIONS or need to CANCEL/RESCHEDULE (must be more than 72 hrs prior to procedure), PLEASE CALL ME (Tamona: 352-563-2450 EXT: 304)***