

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) TWO (2) DULCOLAX (*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:

- 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 4:00 pm drink half (32 oz) of Gatorade/Powerade or 24 oz of water**
- **AT 8:00 pm** take TWO (2) Gas-X tablets and take TWO (2) Dulcolax tablets.
- **At 9:00pm** drink the other half (32 oz) of Gatorade/Powerade or 3 glasses 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, drink alcohol or use marijuana the day of your procedure.
- 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!** You will be at the center between 1.5-2 hours.

*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 >72 hrs prior to procedure), PLEASE CALL ME- Tanya: 352-563-2450 EXT: 104