

Your flexible sigmoidoscopy is scheduled on:

- You will need to purchase 2 Fleets Enemas from your local pharmacy
- You should have been given 3 Dulcolax tablets at your office visit

Stage 1

- The night before your procedure, you may have a regular meal for dinner. With your dinner, take the 3 Dulcolax tablets.
- Once dinner is complete and you have taken the Dulcolax tablets, you will start a *clear liquid diet* until after your procedure. *See below for acceptable clear liquids.*

Stage 2

- *2 hours prior to your scheduled arrival*, administer the first Fleets Enema. *1 hour later* administer the second Fleets Enema.

ACCEPTABLE CLEAR LIQUIDS

Water Gatorade Jell-O Kool-Aid Broth Popsicles
Lemonade Fruit juices (**NO** orange juice) Soda (all)
Black coffee (no added cream, honey or sugar) Iced tea Hot tea (no added sugar or honey)

Do not consume any liquids which are red or purple in color as they can mimic bleeding in the colon

Flexible Sigmoidoscopy and Anesthesia

It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions.

Failure to comply with the below guidelines could result in the delay and/or cancellation of your procedure without question.

- Avoid iron supplements for 5 days prior to your procedure.
- Avoid eating whole-grain bread & cereals with nuts/seeds as well as corn for 5 days prior to your procedure.
- No alcoholic beverages are permitted during colon prep or after midnight on the night before procedures.
- **CHEWING TOBACCO PRODUCTS, NICOTINE POUCHES, SMOKING, VAPING AND INHALATION OF MARIJUANA** (medical and recreational) **ARE PROHIBITED** after midnight on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.
- Please refer to the personalized medication instructions given to you at your office visit. **It is especially important to take medications for blood pressure and heart function on the day of your procedure.**
- You **MUST** have a driver to sign you out of recovery after anesthesia. You **CANNOT** use UBER, LYFT, Healthride or MediVan unless a responsible party is riding as a passenger with you.
- You may have CLEAR LIQUIDS up to 2 hours before your designated arrival time at our facility.
- **All stimulators** (bladder, spinal, etc.) should be turned "off" or placed in "surgery mode".
- If you experience any of the following between now and the day of your procedure, **please notify us immediately.**
 1. A change in health status.
 2. An ER visit/hospital admission.
 3. Testing or office visit for your heart, lungs, brain.

Please call 814-946-5469 Option 7 to report these changes, or if you have any additional questions pertaining to your procedure.

HOLD MEDICATION DAY OF PROCEDURE:

Carafate (Sucralfate)

HOLD MEDICATIONS FOR 1 DAY PRIOR TO PROCEDURE:

Byetta (Exenatide)

Soliqua (Lixisenatide + Insulin)

Victoza/Saxenda (Liraglutide)

HOLD MEDICATIONS FOR 3 DAYS PRIOR TO PROCEDURE:

Brenzavvy (Bexagliflozin)

Farxiga (Dapagliflozin)

Glyxambi (Empagliflozin/Linagliptin)

Inpefa (Sotagliflozin)

Invokana (Canagliflozin)

Invokamet (Canagliflozin/Metformin)

Invokamet XR (Canagliflozin/Metformin XR)

Jardiance (Empagliflozin)

Qtern (Dapagliflozin/Saxagliptin)

Qternmet XR (Dapagliflozin/Saxagliptin/Metformin XR)

Synjardy (Empagliflozin/Metformin)

Synjardy XR (Empagliflozin/Metformin XR)

Steglatro (Ertugliflozin)

Steglujan (Ertugliflozin/Sitagliptin)

Segluromet (Ertugliflozin/Metformin)

Trijardy XR (Empagliflozin/Linagliptin/Metformin XR)

Xigduo (Dapagliflozin/Metformin)

Xigduo XR (Dapagliflozin/Metformin XR)

HOLD MEDICATIONS FOR 7 DAYS PRIOR TO PROCEDURE:

Adipex-P/Lomaira (Phentermine)

Adlyxin (Lixisenatide)

Bydureon (Exenatide)

Mounjaro/Zepbound (Tirzepatide)

Ozempic (Semaglutide)

Qysmia (Phentermine and Topiramate)

Rybelsus

Trulicity (Dulaglutide)

Wegovy