



## FLEXIBLE SIGMOIDOSCOPY BOWEL PREPARATION

Flexible Sigmoidoscopy examination requires preparation prior to the procedure. It's very important to have a clean sigmoid, without retained stool, to ensure the best examination results. Read and follow the instructions below carefully. If instructions are not followed, your physician may not be able to complete your procedure.

### SPECIAL INSTRUCTIONS FOR PATIENTS TO WHICH THE FOLLOWING APPLIES:

- **Heart Defibrillators:**
  - Please call our office immediately to inform the office staff if you have a heart defibrillator. If so, your procedure will need to be scheduled at the hospital setting.
- **Blood thinners** (examples include Coumadin, Plavix, Eliquis, Xarelto, etc.):
  - **If you are on blood thinners, you are required to call our office at (208)489-1887.**
  - Your examination may need to be repeated if a large polyp is found while taking blood thinners.
- **Diabetes:**
  - ***If you are taking medications for diabetes, please call your primary care doctor to inform them that you are having an examination. Ask them if your medication doses need to be adjusted and if so, how to adjust them during your procedure preparation.***
  - Remember to check your blood sugars frequently throughout the day of your procedure.

### QUESTIONS?

- Visit our website: [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) for educational videos on your procedure.
- Call our office during regular business hours (8am to 430pm) at 208-489-1887. If after 430pm, please call 208-489-1900.

## ***INSTRUCTIONS:***

### **5-7 DAYS PRIOR TO YOUR PROCEDURE**

**Make arrangements for a responsible adult driver to accompany you on the day of your procedure and drive you home.**

*NOTE: If your driver cannot be confirmed when you arrive, we will **NOT** be able to provide sedation, and your procedure may need to be rescheduled. Drivers are required to stay during the entirety of your procedure. Taxi or Uber transportation will **NOT** be accepted for safety reasons.*

#### **Purchase at the store:**

- 2 Fleets Enemas – *No prescription required.*

*Instructions continued on back page.*

## 3 DAYS PRIOR TO YOUR PROCEDURE

Stop taking over-the-counter supplements and iron, including multi-vitamins containing iron, and fiber supplements.

Continue to take your prescription medications. If you have questions about specific medications, please call our office.

## THE DAY PRIOR TO YOUR PROCEDURE

**Eat lightly today.** Do not eat raw fruits and vegetables or foods containing small seeds, corn, or nuts.

**Hydrate! Hydrate! Hydrate!**

**Confirm your responsible adult driver for procedure day**

*We prefer your driver stay in the area during the procedure and be available at time of discharge to hear all instructions (expected duration from check-in: 2-3 hours)*

## DAY OF YOUR PROCEDURE

**Do not eat for eight 8 hours prior to the procedure.**

**At least 2 hours** before your procedure time, take your regularly scheduled medications with only sips of water.

**Take only clear liquids by mouth up until 2 hours before your arrival time.**

*Examples of CLEAR LIQUIDS MAY INCLUDE: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee & tea(no cream), and soft drinks. Please avoid red & purple liquids*

**2 hours before procedure time, begin administering enemas.**

- Insert one Fleets enema initially and hold it several minutes until you have the urge to expel it.
- After you have completed this first enema, wait 30 minutes then take the second enema. This usually produces a clean lower colon.
- If you are still passing solid stool particles, then fill the enema container with tap water and repeat the enemas until the return is reasonably clear.

**For the 2 hours before your procedure time: Absolutely NOTHING by mouth!!**

*Your procedure **WILL BE DELAYED OR CANCELLED** if you eat or drink anything during this time (this includes use of a drinking fountain)*

**Remember to bring your photo ID, insurance card, and updated medication list.**

We cannot be responsible for your valuables (watches or various jewelry items). Please leave these at home.