FLEXIBLE SIGMOIDOSCOPY SEDATION BOWEL PREPARATION INSTRUCTIONS

Patient Name: _____________________________________________________________________

Procedure date: ______________________________  Check in at ____________________ am/pm

At our _________________________________ facility with Dr. ______________________________

ABOUT FLEXIBLE SIGMOIDOSCOPY:

A flex-sig is a procedure your doctor will perform to examine the lining of your sigmoid (first section of the large intestine). The doctor will insert a flexible tube into the rectum and through the sigmoid, looking for abnormalities. Prior to the procedure, you will be given a sedative and pain medication through an IV. Following the procedure, you will be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are NOT allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

WHAT TO BRING AND DO PRIOR TO PROCEDURE:

• Please bring your PHOTO ID and INSURANCE CARD.
• Please bring a list of your current medications (including non-prescription) and allergies/
• **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15 minute driving distance of our facility. They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teaching. You are **NOT** allowed to take a bus, taxi, Access a Ride, walk home, etc. **If you do not have a ride your procedure will be cancelled or rescheduled.**
• You should plan on being at our facility for at least 2 hours.
• Read prep instructions THOROUGHLY.
• **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

If you need to cancel or reschedule your appointment, you MUST do so 3 business days prior to your appointment date or a cancellation fee may be assessed.

PLEASE CHECK IN USING THE WHITE PHONE LOCATED IN THE LOBBY.
(The receptionist is unable to check you in)

• Boulder - located to your left as you walk through the second automatic door, next to the door with a stop sign.
• Lafayette - located to the right of the receptionist’s desk.
• Lakewood- located to the left of the door in the endoscopy waiting room.
• Longmont- located on a small table on the east side of partition in the lobby.
FLEX-SIG SEDATION INSTRUCTIONS

5 days before your exam:
• Discontinue fiber supplements and medications containing iron.
• If on blood thinners please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
• If you are diabetic, please contact our office for instructions. 303.604.5000

2 days before your exam:
• Purchase 2 Plain Fleet Enemas from the pharmacy.
• If you have a tendency towards constipation, you should purchase 3 enemas.
• Begin the low-fiber diet. ** See below **

If your appointment is BEFORE 12:00:
• Do NOT eat anything after MIDNIGHT, the night before your procedure.
• Morning medications may be taken as usual, with the exception of the above mentioned items.
• NO SOLID FOODS the day of your procedure, clear liquids only.
• One to one and a half hours before leaving home: Give yourself the first enema. Hold as long as possible, up to 20 minutes, and then expel it. Allow yourself to rest for a few minutes. Repeat with second enema, again holding for no more than 20 minutes. Repeat a third time if you have a tendency towards constipation.
• You MUST discontinue all clear liquids 3 HOURS prior to your procedure time.

If your appointment is AFTER 12:00:
• Morning medications may be taken as usual, with the exception of the above mentioned items.
• You may have a light, low fiber breakfast. ** See below **
• DO NOT EAT ANYTHING 6 HOURS BEFORE YOUR PROCEDURE.
  o Example: If your appointment is at 1pm, you MUST have your breakfast prior to 7am.
• You may have CLEAR LIQUIDS after light breakfast.
• One to one and a half hours before leaving home: Give yourself the first enema, hold as long as possible, up to 20 minutes, and then expel it. Allow yourself to rest for a few minutes. Repeat with second enema, again holding for no more than 20 minutes. Repeat a third time if you have a tendency towards constipation.
• You MUST discontinue all clear liquids 3 HOURS prior to your procedure time.

*** If you feel the prep is not working, please call our office at 303.604.5000. ***

Low-Fiber Diet:
• White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals
• Fish, white meat chicken, eggs, creamy peanut butter, tofu
• Cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches
• Milk, plain yogurt, cheese

Light Low-Fiber Diet:
• White bread, low-fiber cereals
• Eggs, tofu
• Bananas, applesauce
• Milk, yogurt, cheese

Clear Liquid Diet:
If you can see through it, you can drink it.
NO RED OR PURPLE DYES
• Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
• Clear broths, gelatin, popsicles
• Clear hard candies (not red or purple)
• NO ALCOHOL, NO DAIRY PRODUCTS