

Flexible Sigmoidoscopy – No 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. Following the procedure, you may have some abdominal cramping, however you will be able to perform your usual activities.

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.**

Check In:

Please check in using the white phone located in the lobby:

- 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.

If you need to cancel or reschedule your appointment, you **MUST** do so 3 business days prior to you appointment date or a cancellation fee may be assessed. **303.604.5000**

Flex-Sig No 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:**

- You may have a light low-fiber diet and clear liquids up until 3 hours of your procedure time..
- Morning medications may be taken as usual, with the exception of the above mentioned items.
- **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.
- **DO NOT EAT OR DRINK ANYTHING AFTER TAKING THE ENEMAS.**

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-fi diet and clear liquids up until 3 hours of your procedure. ** See below **
- **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.
- **DO NOT EAT OR DRINK ANYTHING AFTER TAKING THE ENEMAS.**
*** If you feel the prep is not working, please call our office at 303.604.5000. ***

Diet Tips

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**