

IU Health Gastroenterology: Flexible Sigmoidoscopy Prep Instructions

Please follow these directions carefully:

<p>Twelve (12) days Before your appointment</p>	<ul style="list-style-type: none"> ▪ Ensure that you have an adult, 18 years or older, to bring you home. You may not use a taxi, medical cab or rideshare service unless you have someone to accompany you. ▪ Purchase 2 Adult Saline Enemas (Fleets Enemas.) These are purchased over the counter from a drug store, grocery store or Walmart. ▪ DO NOT USE ANY GAS-X OR SIMETHICONE IN ANY FORM DURING YOUR BOWEL PREP. ▪ Check your medications. If you are taking a blood thinner, please call 812-355-6931, option #2, for directions on holding the medication before your procedure. If you have not received these instructions 7 days before the procedure, call 812-355-6931, option #2. ▪ If you have had a heart stent placed within the last twelve (12) months, please call 812-355-6931, option #2. ▪ If you are diabetic, please note: <ul style="list-style-type: none"> ▪ The day before your procedure, take all oral diabetic medications by mouth according to your usual schedule. ▪ Take only ½ of your normal insulin dose the evening before your procedure. ▪ On the morning of your procedure, you should hold all oral diabetic medications and insulin. ▪ If your blood sugar is above 350 the morning of your procedure, please call the Charge Nurse at the facility where you are scheduled for further instructions. ▪ BEC: 812-322-3897; IUH Bloomington: 812-918-3484; ▪ Our physicians reserve the right to cancel your procedure for your safety
<p>Eight (8) days before your appointment</p>	<ul style="list-style-type: none"> ▪ Stop any GLP-1/weight loss medications or supplements.
<p>Five (5) days before your appointment</p>	<ul style="list-style-type: none"> ▪ Stop anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Meloxicam, etc.) ▪ Stop iron ▪ Stop Vitamins & Herbal Medications and supplements. (CBD, Hemp oil, etc.)
<p>Eight (8) hours prior to arrival</p>	<p>Stop all solid food. You may drink clear liquids until 2 hours prior to arrival time.</p> <p>Examples of Clear Liquids – Okay to drink:</p> <ul style="list-style-type: none"> ▪ Water ▪ Black coffee or tea (Sugar/sweetener is ok, no cream or milk) ▪ Clear juice (apple, white grape, white cranberry, etc.) ▪ Soda (Brown and light-colored sodas are both allowed) ▪ Gatorade, Powerade ▪ Jello ▪ popsicles without dairy or fruit pulp, Italian ice ▪ Clear broth (Beef, Chicken or Vegetable)

	NOT Clear Liquids – Not Okay to drink: <ul style="list-style-type: none"> ▪ Coffee with milk or cream ▪ Alcohol ▪ Juice and popsicles with fruit pulp ▪ Milk or any dairy products ▪ Rice, noodles or any Solid foods
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Day of your appointment:

Two (2) hours prior to arrival	<ul style="list-style-type: none"> ▪ If you take oral diabetic medications by mouth, do NOT take these the morning of your procedure. ▪ If you take insulin, do NOT take it the morning of your procedure. ▪ Take all other morning medications excluding pain medications (see below,) with a sip of water. ▪ Stop all Liquids ▪ Do not consume anything by mouth 2 hours before your procedure. This includes food, liquids, cough drops, chewing gum, tobacco, marijuana, use of e-cigarettes and chewing tobacco. ▪ Use one of the Saline Enemas (Fleets.) Follow the instructions on the box.
One (1) hour before your appointment	<ul style="list-style-type: none"> ▪ Use the other Saline Enema (Fleets.) Follow the instructions on the box.

- **Please Read the Following Medication Instructions:**
 - Aspirin – If you are taking aspirin, you may continue to take it.
 - You may take your usual heart or blood pressure pills up until the time of your procedure.
 - Do **NOT** take any **pain medication** 4 hours prior to procedure. If holding these medications is a concern, please discuss it with the nurse when you receive your PreOp call 7-14 days prior to your test or call 812-355-6931, option #2.
- **Bring a List of your Medications, Advance Healthcare Directives and a Photo ID along with your Insurance Cards.**
- **Plan to be in the facility for approximately 2-3 hours, on the day of your procedure.**
- **Leave all jewelry and valuables at home.**
- **If you have any questions about your instructions or your procedure, please call: 812-355-6931, option #2.**
- **If you need to cancel or reschedule your appointment, please call: 812-355-6931, option #1.**

