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## Flexible Sigmoidoscopy Instructions

### APPOINTMENT INFORMATION

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Cancellation Policy

Scheduling procedures requires careful planning between the staff, doctors, and facility. Please be compliant with and on-time for your appointment. If you must reschedule or cancel, please contact us at least **1 day prior to procedure**. Failure to do so will incur **A FEE OF \$100**.

Thank you for your cooperation.

### GETTING READY FOR YOUR PROCEDURE

- Buy 2 Fleet enema (saline).
- Arrange for a driver to take you home on the day of the procedure.
- If you have diabetes, check with your doctor regarding diet and medication instructions.

### Medications to be **DISCONTINUED**

- **All Blood Thinners** should be discussed with your prescribing doctor. (Coumadin, Plavix, Eliquis, Effient, Brilinta, Xarelto, Arixtra, Lovenox, Pradaxa, Fragmin). You can **CONTINUE Aspirin 81 mg** unless instructed by your doctor.
- **All Non-Steroid Anti-inflammatory (NSAID)** prescribed or over the counter should be discussed with your doctor. Please discontinue Ibuprofen (Motrin, Advil), Naproxen (Aleve), Excedrin.
- **STOP 1 WEEK PRIOR:** Semaglutide (Ozempic, Wegovy), Mounjaro, Zepbound, Trulicity, Victoza, Bydureon BCise
- **STOP 1 DAY PRIOR:** Rybeslsus, Saxenda, Byetta, Adlyxin

### 1 DAY PRIOR

- You can have a normal diet throughout the day.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO THE PROCEDURE.**

### PROCEDURE DAY

- Use 2 Fleet enema (saline) rectally 1 hour before the procedure at home.
- You may take your morning medications (**High Blood Pressure and Thyroid**) with a small sip of water.
- If you have asthma, please bring your inhaler with you.
  - **NO CHEWING GUM or SUCKING ON HARD CANDY**

**A RESPONSIBLE ADULT MUST ACCOMPANY ALL PATIENTS THE DAY OF THE PROCEDURE. NO PATIENT SHOULD DRIVE ON THE DAY OF THE PROCEDURE.**