

## FLEXIBLE SIGMOIDOSCOPY BOWEL PREPARATION



### Date & Location

You should have received the date and location of your flexible sigmoidoscopy from our practice by phone, through the portal, and/or email and text messaging. If you do not know your procedure date or location, please contact our practice. Your procedure time will be communicated to you by the facility the day before your procedure.



### Shopping List

You can purchase all of these items over the counter:

- One (1) 238-gram (8.3 oz) bottle of MiraLAX (or generic named polyethylene glycol 3350)
- Two (2) 80 milligram tablets of simethicone or one (1) 250 milligram tablets of Phazyme
- Two (2) Fleet Enemas
- Thirty-two (32) ounces of clear liquid which may include: Gatorade, Pedialyte, water, lemonade, clear fruit juices, clear (no coloring) soft drinks, seltzer water (please avoid red or purple-colored beverages)



### Medications

If you take any of the following medications, please inform our scheduling staff as soon as possible so we can coordinate stopping these medications with your prescribing physician:

- **Blood thinners** including but not limited to Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Eliquis (apixaban).
- **GLP1 medications** such as Trulicity (dulaglutide), Ozempic (semaglutide), Victoza (liraglutide), Bydureon (exenatide) used for diabetes or weight loss.



### Transportation

Driving is not permitted until the day after your procedure. Arrange for a ride to and from the center from someone 18 or older who can take responsibility for your care. That person should arrive no later than 1 hour after your procedure time.



### Cancellation/No-Show

Our practice charges \$100 for a flexible sigmoidoscopy and \$200 for a combined flexible sigmoidoscopy/EGD that is cancelled within 7 business days of a procedure. For patients who have canceled in the past, a \$100 refundable deposit will be taken to secure your appointment. The deposit will be refunded after your procedure is completed if your account is in good standing.

On Page 2 is a checklist to walk you through your prep which starts 7 days before your procedure date. You can find details regarding clear liquids on our website at

<https://bedfordgastroenterology.com/colonoscopy-prep-faq/>

Please feel free to call us with any questions you may have about these instructions

## Calendar for Flexible Sigmoidoscopy Bowel Preparation

<b>7 Days or More</b> Before Procedure	<b>1 Day</b> Before Procedure	<b>Day of Procedure</b>
<ul style="list-style-type: none"> <li>□ Make sure you've completed your shopping list.</li> <li>□ Contact your insurance company with benefit questions.</li> <li>□ If you take iron supplements, stop taking them 7 days before your procedure.</li> <li>□ If you take insulin, ask your prescribing physician (primary care or endocrinologist) for instructions on how much insulin to take 1 day before and on the day of the procedure.</li> <li>□ If your location is Bedford Ambulatory Surgery Center or Surgical Center of NH, complete your health history in One Medical Passport (sent by facility).</li> <li>□ To cancel without incurring a fee, you must call our office at least 7 days before the procedure.</li> </ul>	<ul style="list-style-type: none"> <li>□ You may have a small low-fat breakfast and a small low-fat lunch.</li> <li>□ Beginning at 11 AM you may drink clear liquids only. Do not eat any more solid food. Do not consume dairy.</li> <li>□ Examples of clear liquids can be found on our website as indicated on page 1.</li> <li>□ Mix the entire 8.3 oz bottle of MiraLAX with 64-ounces of clear liquid.</li> <li>□ Between 3:00 PM and 6:00 PM drink <b>half of the 64-ounce mixture slowly over one hour</b> by consuming 8 ounces every 15 to 20 minutes. If you develop nausea, drink more slowly and try walking as you drink.</li> <li>□ The remaining mixture is not needed.</li> <li>□ Between 6:00 PM and 8:00 PM take two 80 mg simethicone tablets <u>or</u> one 250 mg Phazyme tablet</li> <li>□ You may continue to have clear liquids until midnight. Do not eat or drink after midnight.</li> </ul>	<ul style="list-style-type: none"> <li>□ Do not drink any liquids, chew gum or tobacco, or suck on hard candies for at least 3 hours prior to your arrival time. Do not smoke anything the morning of your procedure.</li> <li>□ Take the first enema approximately 2 hours prior to your arrival time. Try to retain the enema fluid for at least 30 minutes.</li> <li>□ Take the second enema after the first enema results in a bowel movement or approximately one hour prior to arriving for your procedure.</li> <li>□ Please take your medications as prescribed EXCEPT for those listed below. Medicines must be taken at least 3 hours prior to your arrival time. Take insulin according to PCP or endocrinologist instructions.</li> <li>□ <b>Do not take</b> diuretics (water/fluid pills), oral diabetic medications, iron pills, vitamins, or Carafate (sucralfate). If you have questions about what to take, please call us at least 1 business day before your arrival time.</li> <li>□ Bring a list of your current medications to your procedure.</li> </ul>