

## Flexible Sigmoidoscopy Prep

It is important for your lower colon to be completely clean for your doctor to do a thorough exam. Following the instructions will insure that you are well prepared. If you are unable to follow the instructions and **you are NOT well prepped**, your procedure will be **CANCELLED**.

### Key Points

- A **designated driver** must come with you and remain in the endoscopy area until you are discharged following your procedure.
- **If you are on blood thinners, it is important for us to get approval well in advance from your provider that it is OK to temporarily discontinue** it for your safety. Blood thinners can be a risk for bleeding if biopsies are taken or polyps are removed during your procedure.
- **Coumadin, Plavix, Aggrenox, Brilanta,** and **Effient** need to be discontinued **5** days before the procedure with your physician's approval.
- **Pradaxa, Eliquis,** and **Xarelto** need to be discontinued **24 hours** before the procedure day, with your physician's approval.

So it's important that we hear from your physician in advance to avoid **cancellation**.

- **Cardiac Devices**

Please notify our office if you have a cardiac **pacemaker, defibrillator or artificial heart valve**.

## The Day Before the Procedure

- Purchase the following over the counter items from the pharmacy:
  1. **Magnesium Citrate - (10 oz) one bottle**
  2. **Fleets enemas - 2 enemas**
- For your bowel to be properly cleansed, **you** need to stay on a **clear liquids after 5 PM**. Clear liquids can include the following:

Water, apple juice, carbonated beverages such as Coke, Pepsi or Sprite, coffee or tea (without milk), Gatorade or Powerade, popsicles, jello, chicken broth. Hard candy is also permitted. No dairy products or drinks with red coloring are permitted.

- At **6PM**, drink 10 ounce bottle of Magnesium Citrate slowly. It's better when chilled. You can expect to go to the bathroom one to two hours later.

## The Day of the Procedure

- You can have a light breakfast such as coffee or tea or liquids **3 hours** before your scheduled procedure.
- **2 hours** before your scheduled procedure, you will need to give yourself an enema. The goal is to cleanse the lower colon of any remaining stool.

## Enema Procedure

1. Lie on your left side with your knees pulled up to your chest. Most do this in the bathroom.
2. Remove the protective cap on the enema bottle and insert the tip into your rectum.
3. Squeeze the bottle until it is empty remove the tip from the rectum.
4. Stay on your left side until you feel urge to have a bowel movement and then go to the toilet.
5. When you have finished the process, use the second enema to finish your bowel preparation.

### Note:

- Anal irritation can be an issue. You can use baby wipes, Vaseline or Desitin or hemorrhoidal cream for discomfort.

## Medication Instructions

- You can take your usual medications with a sip of water **2** hours before your scheduled procedure.
- Postpone insulin injections until **after** your procedure is completed.
- Bring a list of your medications if you were unable to talk with the staff before the procedure.

## Contact Information

If you are unable to keep your appointment or have questions about the instructions, call the facility where your procedure is being performed.

- **Nashville Endosurgery Center**  
300 20th Ave S, 8th floor  
Nashville, Tennessee 37203  
**615-284-1335**  
**615-649-9940** (after 5 PM)
- **Lebanon Endoscopy Center**  
100 Physicians Way, Suite 340  
Lebanon, Tennessee 37090  
**615-466-9532**  
**615-547-2334** (after 5 PM)
- **Saint Thomas Midtown Hospital**  
2000 Church Street  
Endoscopy Center, 8th Floor  
Nashville, Tennessee 37203  
**615-284-5291**  
**615-284-1400** (after 5 PM)