

Preparing for your flexible sigmoidoscopy

This guide will help you and your family prepare for your procedure. If you have any questions, please call **503-494-4373**. For questions after 5 p.m., call 503-494-8311 and ask for the GI doctor on call.

Once you are scheduled



- Download directions to your check-in location at <https://www.ohsu.edu/digestive-health/preparing-your-endoscopy-procedure>
- If you will be sedated for your procedure, ask a friend or family member to come with you to the procedure. You should have 1 healthy adult (age 18+) to take you home.
- Buy 2 Fleet or generic enemas** (4.5 oz. each) from your pharmacy. You do not need a prescription.
- Review the **medication instructions** on page 2.

The night before your procedure



- NO solid food after midnight.**

Medication instructions



- Please follow the instructions below. If you need more instructions on any of your medications, please contact the doctor who prescribed them.

If you take ...	Do this ...
Suboxone	Call us at 503-494-4373.
Diabetes medicine by mouth (Metformin, Glipizide)	Do NOT take the night before or the morning of your procedure.
Insulin	Take ½ your dose the night before and NO insulin the day of your procedure. Or, follow the instructions from the OHSU Preoperative Medicine Clinic. Your blood sugar could be lower because you won't be eating solid food.
Victoza or Trulicity	Do NOT take the day before or the day of your procedure.
Diarrhea medicine (Imodium, Lomotil, etc.)	STOP taking 3 days before.
Blood thinners*	Talk to the doctor who prescribed your medication to talk about the guidelines below.
* Coumadin or Warfarin pills	STOP taking 5 days before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Levenox or Enoxaparin injections	STOP taking 24 hours before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Novel anticoagulant pills (Paradaxa, Dabigatran, Eliquis, Apixaban, Xarelto, Riveroxaban, Edoxaban, Savaysa)	STOP taking 1 day before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.
* Anti-platelets (Plavix, Clopidogrel, Prasugrel, Effient)	STOP taking 7 days before your procedure if OK with your prescribing doctor. Call us if you CANNOT stop.

- Keep taking all of your other prescribed medicines, including aspirin, pain medications, blood pressure medications like Lisinopril, water pills (diuretics like Lasix), Non-steroidal anti-inflammatory drugs (like Advil, Motrin, Aleve).



The day of your procedure



- **Only drink clear liquids** (liquids you can see through when you hold it up to the light) **until 2 hours before** your arrival time. **Do NOT eat any solid food.** Follow this schedule no matter what time of day your procedure is.
 - ☑ **DO:**
 - Drink clear (**not red or purple**) liquids like:
 - ☑ Clear broth (chicken, beef or vegetable)
 - ☑ Coffee or tea (no milk, but sugar is OK)
 - ☑ Carbonated soft drinks
 - ☑ Clear juice like apple and white grape (no pulp)
 - ☑ Clear sports drinks like Gatorade and Powerade (no red or purple)
 - ☑ Popsicles and Jell-O (no red or purple)
 - ⊖ **DON'T:**
 - ⊖ Drink liquids that are purple or red.
 - ⊖ Drink milk, orange juice, tomato juice, broth that has solids, or solid food.
- **2 hours before your arrival time, stop drinking** anything.
 - You can have clear liquids up until 2 hours before your arrival time.
 - ⊖ You may take your medicine with a sip of water.
- **1 – 1 ½ hours before you leave for your appointment, give yourself 2 enemas.**
 1. Give yourself both enemas, one right after the other. Follow the instructions on the package.
 2. It is OK to use the bathroom before you give yourself the 2nd enema.
 3. After the 2nd enema, hold in the liquid as long as you can. Use the bathroom again before you leave the house.