SIGMOIDOSCOPY PREP

Your physician has scheduled you for a sigmoidoscopy. Please follow the instructions below.

- ❑ If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-663-2159 at least 48 hours prior to your exam.

- ❑ For questions after hours call 970-669-5432 and ask for the gastroenterologist on-call.

- ❑ **Completely fill out the "TELL US ABOUT YOURSELF" and "MEDICATION FORM" in your packet. Bring the completed forms and your packet with you the day of your exam.**

General Information:

- ✓ For 5 days prior to your procedure, try to avoid nuts, seeds and corn.

- ✓ Take your prescribed medications as you normally would up until 2 hours before your procedure.

- ✓ If you do not receive sedation, you will be able to drive yourself home.

If you receive sedation:

- ✓ Make arrangements to have a responsible adult drive you home. Your driver should plan to stay at the facility during your procedure. Public transportation (bus, taxi, shuttle) is NOT allowed unless you have a responsible adult with you.

- ✓ After the procedure, you should have an adult with you for 4 to 6 hours.

In advance, you will need to purchase **2 fleets enemas from your pharmacy.**

- ❑ Consume only clear liquids after midnight and the day of your test. If you are receiving sedation, do not drink anything for two hours before your exam.

- ❑ Use both Fleets Enemas 1 1/2 hours prior to the exam, 10-15 minutes apart.

DIABETIC INSTRUCTIONS:

- ✓ If you are a diabetic and your procedure is scheduled to be done in the morning, hold your medications or insulin the morning of the procedure. We suggest you check your blood sugar at least 4 times a day at mealtime and bedtime.

- ✓ If you are diabetic and your procedure is scheduled to be done in the afternoon, contact your primary care physician to confirm how to take your diabetic medications. We suggest you check your blood sugar at least 4 times a day at mealtimes and bedtime.