

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Your Colonoscopy has been scheduled with Dr. _____

On _____, _____, _____ at _____ am/pm
Day Month Date Arrival Time

At:

- | | |
|--|--|
| <input type="checkbox"/> Washington Hospital
Admitting Department
2000 Mowry Avenue
Fremont, CA
510-797-1111 | <input type="checkbox"/> Washington Outpatient Surgery Center
First Floor
2299 Mowry Avenue
Fremont, CA
510-791-5374 |
|--|--|

If you need to cancel or reschedule your procedure please call our office 3 days prior to the procedure at 510-248-1843.

Recommended List for Prep:

- 2 – FLEET ENEMAS (*available over the counter*)

Recommended List for Clear Liquid Diet:

- | | | |
|--|------------------------|------------------------------|
| • Water | Bouillon (clear broth) | Jell-O gelatin (not pudding) |
| • Popsicles | Carbonated Soda | Ginger Ale |
| • Black Tea | Black Coffee | Gatorade |
| • Crystal Light | Coconut Juice | Sugar and Sugar Substitutes |
| • Honey | Syrup | Clear Hard Candy |
| • Clear Fruit Juices (<i>white grape, apple, lemonade</i>) | | |

Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, and blue colored liquids.

Recommended List for Comfort:

- Desitin, A&D Ointment, Vaseline (*apply to anal area to relieve discomfort*)
- Baby Wipes (*use instead of toilet paper to reduce irritation*)

IMPORTANT: There are Medications which MUST be Stopped Prior to your Sigmoidoscopy.

- Refer to the “Medication Instructions” on last two pages.
- Always discuss medication concerns with your doctor.

THREE DAYS PRIOR TO THE SIGMOIDOSCOPY:

DO NOT EAT:

- Legumes
- Corn
- Nuts
- Peas
- Tomatoes
- Carrots
- Watermelon

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE PLEASE CALL OUR OFFICE TODAY AT 510-248-1843.

DAY BEFORE THE SIGMOIDOSCOPY:

- **DIET:**
 - **Light Breakfast and Lunch**
 - **Dinner - Clear Liquids Only** (*as described on the first page of these instructions*)
 - Any combination of liquids is allowed
 - Be creative for “meals”
**Stay hydrated! YOU NEED TO DRINK AT LEAST 3 LITERS OF FLUIDS!
Drink enough fluids to avoid dehydration while undergoing the sigmoidoscopy prep**
- **SIGMOIDOSCOPY PREP:**
 - **At 5:00pm:**
 - **Take 1 Fleet Enema (use as directed on package)**
 - Within a few hours you can expect frequent bowel movements and diarrhea
 - **Until Bed Time:**
IMPORTANT: Continue your Clear Liquid diet to prevent dehydration and ensure good urine output by drinking 2 to 3 liters of clear liquid.

DAY OF THE SIGMOIDOSCOPY:

- **1 Fleet Enema 2- 3 HOURS PRIOR to your Sigmoidoscopy scheduled time (use as directed on package)**
- **IF THERE IS ANY STOOL OR DISCOLORATION STILL REMAINING:**
 - Fill the enema bottles with tap water and repeat until the fluid you are passing out clear
- Take any oral medications approved by your physician

THIS COMPLETES YOUR BOWEL PREP

DO NOT EAT OR TO DRINK UNTIL YOUR SIMOIDOSCOPY IS COMPLETED

WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:

- More diarrhea
- Passing of clear, colored liquid
- IF your stool is brown and murky, please inform the nurse upon admission
 - Poor bowel preparation may result in having to reschedule your procedure and a more extensive prep



Dark and murky NOT OK	Brown and murky NOT OK	Dark Orange and semi-clear NOT OK	Light orange and clear ALMOST THERE	Yellow and clear, like urine YOU'RE READY!
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AFTER THE COLONOSCOPY:

- You may resume your normal diet
- Continue drinking enough liquids until bedtime to prevent dehydration and ensure good urine output
- You **MUST** have a responsible driver pick you up and a responsible caregiver at home with you for 4 hours after discharge.

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT (510) 248-1843

MEDICATION INSTRUCTIONS

Please discuss with your health care provider or cardiologist specific instructions prior to discontinuing any medications.

ANTI-PLATELET – Discontinue 5 Days Prior SIGMOIDOSCOPY, unless otherwise specified by your physician

- Clopidogrel (Plavix)
- Ticagrelor (Brilinta)
- Prasugrel (Effient)
- Ticlopidine (Ticlid)
- Eptifibatide (Integrilin)

ANTI-COAGULANT – Discontinue 4 Days Prior to SIGMOIDOSCOPY

- Warfarin (Coumadin)

ANTI-COAGULANT – Discontinue 2 Days Prior to SIGMOIDOSCOPY

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)

ANTI-COAGULANT – Discontinue 1 Day Prior to SIGMOIDOSCOPY

- Heparin
- Enoxaparin (Lovenox)

ANTI-COAGULANT – Ask the Prescribing Doctor When to Discontinue

- Edoxaban (Savaysa)
- Fondaparinux (Arixtra)

OTHER MEDICATIONS – Discontinue 5 Days Prior to SIGMOIDOSCOPY

- Fish Oil
- Iron Supplements
- Vitamin E
- Gingko
- Metamucil
- Hydrocil
- Other Bulk Preparations
- Turmeric (Curcumin)

FOR 5 DAYS PRIOR TO SIGMOIDOSCOPY – You may take TYLENOL if needed.

ROUTINE PRESCRIBED MEDICATIONS – Continue taking as prescribed.

FOR 3 DAYS PRIOR TO SIGMOIDOSCOPY – Stop JARDIANCE

DIABETES MEDICATIONS – Discuss with your Endocrinologist, however normally:

- The plan would be:
 - Day Before SIGMOIDOSCOPY: take half the normal dose of Diabetes Medication and/or Insulin
 - Day of the SIGMOIDOSCOPY: DO NOT take your diabetes medication

Please review the guidelines from American Society of Anesthesiologists regarding preoperative holding of glucagon-like peptide receptor agonists:

Dulaglutide (Trulicity)
Exenatide (Byetta)
Exenatide extended-release (Bydureon)
Liraglutide (Victoza)
Lixisenatide (Adlyxin)
Semaglutide injection (Ozempic)
Semaglutide tablets (Rybelsus)
Tirzepatide (Mounjaro)
Wegovy (Semaglutide)

If they are given by WEEKLY INJECTION, these medications SHOULD BE HELD 1 WEEK BEFORE procedure.

If they are given ORALLY on a DAILY basis, they SHOULD BE HELD on the DAY BEFORE procedure.