

FLEXIBLE SIGMOIDOSCOPY- Prep Instructions

Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.

About your prep: Magnesium Citrate and Fleets enemas are taken to clean your colon prior to your procedure. These items do NOT require a prescription. Purchase 1 bottle Magnesium Citrate and 2 Fleets enemas. If you have questions, please call our office at (309) 451-1123 and ask to speak with the triage nurse.

Medication / Diet Instructions: It is very important you read this section carefully. If you have any questions regarding your medications, please call the Gastrointestinal Institute at (309) 451-1123 to speak with a nurse.

- **7 days prior** to your procedure: Begin a low fiber diet; You must stop taking all iron supplements, Aspirin 325 mg, Aspirin 81 mg, and all aspirin related products (for example: Excedrin). Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **Blood Thinner Medications:**
 - **Stop** taking NSAID's and NSAID related products at least 7 days prior to your procedure.
 - **If you take Coumadin or Warfarin:** You must stop these medications 3 days prior to your procedure with the approval of your prescribing physician. **Contact our triage nurse for specific instructions** at (309) 451-1123 by selecting the option "nurse".
 - You may take Tylenol as needed.
 - Continue taking all other blood thinners as prescribed.
- **1 day prior** to your procedure: **Do not eat any solid food the day before or the day of your procedure.** You must be on a clear liquid diet the day before your procedure. See below.
- **Blood Pressure, Heart, seizure, and chronic pain medication:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** at least 2 hours before procedure.
- **Diabetic medication:**
 - If you take **insulin**, please reduce your dose(s) to half of the normal amount the day of your procedure.
 - If you have an insulin pump, please notify the scheduler during the scheduling process or the Gastrointestinal Institute as soon as possible at (309) 451-1123.
 - Do **NOT** take any oral diabetic medication the day of your procedure.
- **Bring a complete list** of your medications. **Also bring your inhalers** with you on the day of your procedure.

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Prep Instructions:

The day before your procedure:

You may have a small breakfast. After breakfast, you will be on a clear-liquid diet only. **You must not have any solid food after breakfast.**

Do not consume anything that is red, orange, or purple in color. Do not consume any liquids you cannot see through. Do not consume alcohol the day before or the day of your procedure.

Acceptable clear liquids include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (no milk or creamer).

8:00 PM The Day Before Your Procedure:

1. Drink bottle of Magnesium Citrate, followed by one 8 oz. glass of water.
2. **Remain on clear liquid diet until bedtime.**

The Day of Your Scheduled Procedure:

1. You may have small sips of water up to 2 hours prior to your procedure.
2. Following the instructions provided with the Fleets enemas:
 - a. Take the first Fleets enema **2 hours prior to your scheduled arrival time.**
 - b. Take the second Fleets enema **1 hour prior to your scheduled arrival time.**

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute. If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.

You must have a responsible driver who is 16 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.