

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Your Colonoscopy has been scheduled with Dr. _____

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

At:

☐ Washington Hospital
Admitting Department
2000 Mowry Avenue
Fremont, CA
510-797-1111

☐ 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 your procedure scheduler Sunita Prasad 510-248-1847 or Jenevie Garcia 510-248-1846 Immediately.

Shopping 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 (white grape, apple, lemonade) | | |

Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, or 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 Separate Medication Instructions on Pages 4 and 5.
- Always Discuss Medication Concerns with Your Doctor.

THREE DAYS PRIOR TO THE SIGMOIDOSCOPY:

- **DO NOT EAT:**
 - Legumes
 - Corn
 - Nuts
 - Peas
 - Tomatoes
 - Carrots
 - Watermelon

DAY BEFORE THE SIGMOIDOSCOPY:

- **DIET:**
 - Light breakfast and Lunch
 - Dinner – clear liquid 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

- **At 5:00pm:**
 - Take 1 Fleet Enema (use as directed on the package)
 - Within a few hours you can expect frequent bowel movements and diarrhea
 - Until Bed Time:
 - Continue your Clear Liquid Diet to prevent dehydration and ensure good urine output

DAY OF THE SIGMOIDOSCOPY:

- **1 FLEET ENEMA 2-3 HOURS PRIOR to your Sigmoidoscopy scheduled time (use as directed on the package)**
- **If there is any stool or discoloration still remaining**
 - Fill the enema bottles with tap water and administer it. Repeat this step until the fluid you are passing out is clear

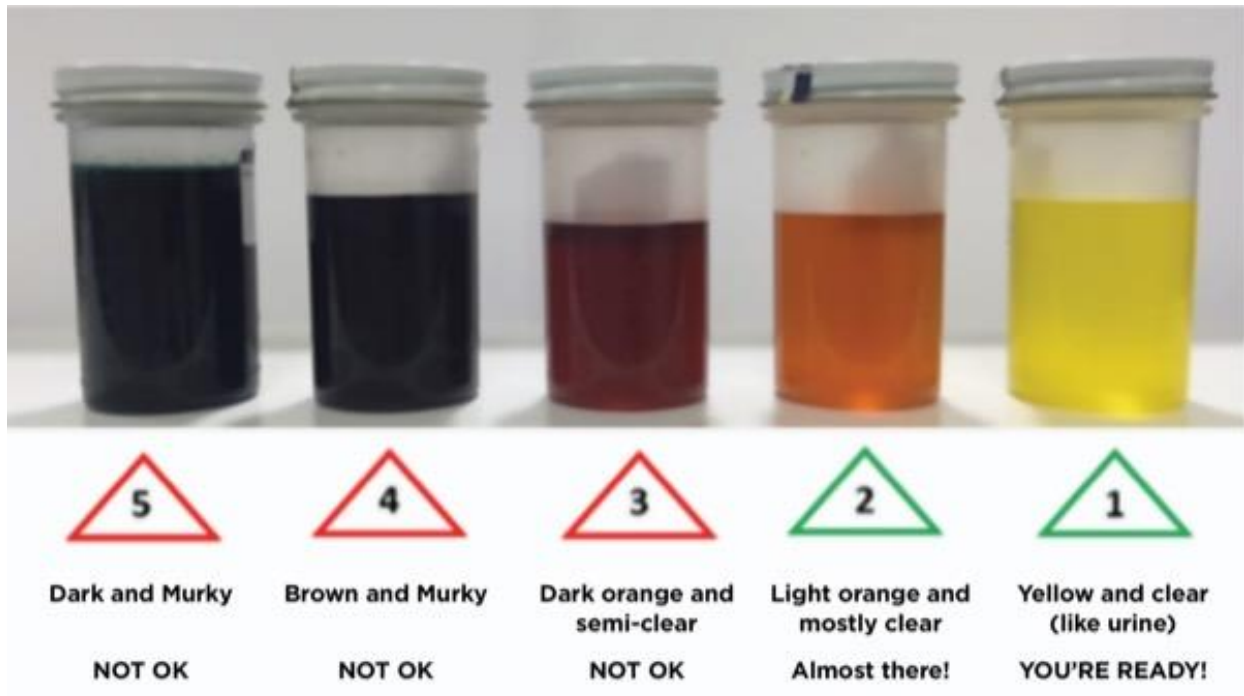
Have nothing to Eat or to Drink until your Sigmoidoscopy is completed.

This completes your bowel prep

Take any oral medications approved by your physician with a tiny sip of water up to 3 hours before your procedure.

WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:

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



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 (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 to SIGMOIDOSCOPY, unless otherwise specified by your physician

- | | |
|--|--|
| ☐ Clopidogrel (Plavix) | ☐ Ticagrelor (Brilinta) |
| ☐ Prasugrel (Effient) | ☐ Ticlodipine (Ticlid) |
| ☐ Eptifibatide (Integrilin) | |

ANTI-COAGULANT – Discontinue 4 Days Prior to SIGMOIDOSCOPY

- ☐ Warfarin (Coumadin)

ANTI-COAGULANT – Discontinue 2 Days Prior to SIGMOIDOSCOPY, unless otherwise specified

- | | | |
|--|---|---|
| ☐ 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 |
| ☐ Hydrocil | ☐ Metamucil | ☐ Gingko |
| ☐ Other Bulk Preparations | ☐ Turmeric (Curcumin) | |

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

ROUTINE PRESCRIBED SIGMOIDOSCOPY – Continue taking as prescribed.

FOR 3 DAYS PRIOR TO SIGMOIDOSCOPY – Stop JARDIANCE and FARXIGA

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)**
-  **Zepbound**

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.