

Getting Ready for your Flexible Sigmoidoscopy “Flexible Sigmoidoscopy Prep”

Date:	Location: <input type="checkbox"/> 161 Marginal Way, Portland, ME <input type="checkbox"/> 22 Bramhall St, Portland, ME
Arrival Time:	Procedure Time:

Please read through the instructions at least one week before your procedure.

BE PREPARED!

If you have any questions, please call **207-773-7964**.

A responsible adult will need to drive you home. Taxis, Ubers, buses, medical ride services, or walking are not options unless a responsible adult accompanies you. *You will not be able to drive for the rest of the day.*

Plan on being at our facility for about 1 ½ hours from arrival to departure (although this may vary depending on the day/procedure/location – ex. approx. 2.5 hrs for MMC)

For **appointments with a scheduled arrival time of 4:00 pm or later**, have your ride plan to be at the facility **no later than 5:30 pm**.

If you are unable to keep your appointment, please call at least 3 business days prior to your procedure to reschedule. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.

NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE



Portland
Gastroenterology
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Medication Instructions

- Aside from the medications below, we recommend you take all home medications as usual with a small amount of water, at least 3 hours before your arrival time.
- If you take blood thinners (Plavix[®], warfarin, Eliquis[®], Xarelto[®], etc.) and haven't been given directions to stop them by our office or your prescribing physician's office, please call us to clarify. It is ok to continue your Aspirin.
- Take ½ your morning insulin dose. Bring the other ½ with you.

Stop the following medications until after your procedure as directed below:

7 days before	<p>Iron supplements, Fiber supplements (e.g. Metamucil[®], Citrucel[®])</p> <p>Weekly dosed GLP-1 agonists: Trulicity[®](Dulaglutide), Bydureon[®] BCise[®](Exenatide ER), Ozempic[®]/Wegovy[®](Semaglutide), Mounjaro[®]/Zepbound[®] (Tirzepatide)</p> <p>Adipex-P[®]/Lomaira[®] (Phentermine), Qsymia[®] (Phentermine/Topiramate)</p>
The day before	<p>Questran[®] (cholestyramine), Lomotil[®], Imodium[®] (loperamide), Colestid[®] (colestipol)</p>
Day of procedure	<p>Daily dosed GLP-1 agonists: Saxenda[®]/Victoza[®] (Liraglutide), Byetta[®] (Exenatide IR), Rybelsus[®] (Semaglutide), Adlyxin[®] (Lixisenatide)</p> <p>Morning dose of oral diabetic medication (Bring it with you)</p>

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Please review the following prior to starting the prep

Your prep is one of the most important parts of your procedure! Without a good prep your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp or having to reschedule your procedure.

Examples of Clear Liquids*

Popsicles ~ Coconut water (not milk) ~ Gatorade® ~ Kool-Aid® ~ Strained fruit juice (apple or white grape) ~ Jell-O® ~ coffee and tea without dairy products/creamer ~ Soft Drinks

***No Red/Blue/Purple or items with sediment/solids**

Tips

If you start to feel nauseous while prepping, try:

- Pause drinking the prep until the feeling improves, then resume
- Decrease the amount you drink at a time
- Take more time between drinks
- Refrigerate the prep mixture
- Use a straw

What are the risks of a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy is a standard medical procedure. Although rare, a flexible sigmoidoscopy like all procedures have some risks.

1. The instrument may tear the wall of the colon which may require surgery to repair.
2. There may be adverse drug reactions or heart/breathing complications.
3. Bleeding may occur and is more often a risk when tissue or polyps are removed. There may be discomfort during and after the procedure.

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Do you have questions? Contact our office at 207-773-7964.

Office is open 8:30 am – 4:30 pm Monday – Friday

1 Week prior to Flexible Sigmoidoscopy

- Stop eating seeds, nuts, popcorn, tomatoes, corn, berries, granola with dried fruit, raisins
- Purchase the following items:
 - **Vaseline®** petroleum jelly
 - Two 4.5 oz bottles of **Fleet Saline Enema®**
 - One 10 oz. bottles of liquid **magnesium citrate** (if you have kidney problems, do NOT purchase the magnesium citrate for your prep)
- Call the office if you are pregnant, have an internal cardiac defibrillator, had a recent cardiac procedure or a new cardiac health concern.
- Review the Medication Instructions on the prior page.

Day before Flexible Sigmoidoscopy

Before 12:30 pm

- Eat your regular diet.

At 12:30 pm

- Do not eat solid foods until your procedure is completed.
- Drink clear liquids while you prep up until 3 hours before your procedure. It is important to stay hydrated.

At 5:00 pm

- Drink the bottle of liquid magnesium citrate. (Do NOT do this if you have kidney problems)

At 8:00 pm

- Administer one 4.5 oz bottles of Fleet Saline Enema®. Follow Enema Administration Instructions on the following page.

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Day of your Flexible Sigmoidoscopy

3 to 4 hours prior to your scheduled procedure

Administer the second 4.5 oz bottles of Fleet Saline Enema®. Follow instructions below

Enema Administration Instructions

1. Apply Vaseline petroleum jelly to the area around your anus. This prevents irritation.
2. Lie on your left side with your right knee bent in toward your chest.
3. Take the protective cap off the enema bottle. Insert the tip into your rectum.
4. Squeeze the bottle until it is empty.
5. Remove the tip from your rectum. Keep lying on your left side. Hold the liquid in your rectum until you feel the urge to move your bowels. This usually takes about 5 to 10 minutes.
6. Go to the bathroom to let the liquid out of your rectum into the toilet.

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