

# INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options at **309-370-6838**. Be prepared once you start drinking the prep, it may take effect at any time.

## STEP 1

### 7 DAYS BEFORE PROCEDURE

- Avoid foods that contain Olestra/Olean (i.e. WOW chips)

### CHECK FOOD LABELS

- AVOID FOODS THAT HAVE SEEDS, NUTS, LETTUCE, CABBAGE, CORN, BEANS
- STOP FIBER SUPPLEMENTS
- PURCHASE AT PHARMACY: (Supplies may be purchased without a prescription)
  - Dulcolax Suppository
  - Fleet Enema (2 needed)
- If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of their call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.
- Please stop taking Phentermine 7 days before procedure.



*If taking the full prep and you are diabetic, please contact your primary doctor regarding instructions for diabetic medication while on a clear liquid diet.*

You should take your heart medications (excluding Plavix), blood pressure medications, and medications for lung problems on the day of the exam with a sip of water. All other medications should not be taken until after the procedure.

You **may** continue taking aspirin and aspirin products unless specifically instructed not to by your physician. Do not stop taking Prednisone, Methotrexate or Enbrel.

**If you are unsure about taking any medication in conjunction with your procedure, please do not hesitate to call our intake nurse at (309) 370-6838.**

You must have someone drive you home if having sedation. You may not go home by bus, taxi, Uber, or Lyft.

### TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS:

- Apply diaper rash cream/zinc oxide liberally after each trip to the bathroom.
- Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water.
- Wipe with refrigerated cloths or fleet relief pads (available over the counter).
- Have reading material or music to play handy in the bathroom to help you relax.

## STEP 2

### 1 DAY BEFORE PROCEDURE

- Insert one Dulcolax suppository rectally at 6:00 p.m. on the night before the exam.
- Nothing to eat after midnight.

*Do not eat any further food after midnight. You may continue drinking clear liquids until 6 hours prior to your procedure.*



## STEP 3

### DAY OF PROCEDURE

- Two hours before your appointment time, on the day of your procedure, take one Fleet enema. Hold for five or ten minutes, then expel.
- After expelling the first enema, repeat with a second Fleet enema.

## STEP 4

### 6 HOURS BEFORE PROCEDURE DO NOT DRINK ANY FURTHER FLUIDS.

- 2 hours before your procedure, take heart and blood pressure medication (except blood thinners) with a small sip of water.
- Please do not apply lotions, perfumes or cologne the morning of your procedure.

**Females may be required to do a urine pregnancy test prior to the procedure. Please inquire (about test) at the desk upon arrival or before using the restroom.**