

Flexible Sigmoidoscopy Instructions

If you are taking a GLP1 agonist (e.g. Ozempic, Mounjaro, Zepbound) or phentermine, please see the last page of this document for separate instructions.

Please follow these instructions carefully to ensure that you are properly prepared for your test:

1. **One Week Prior** to your exam: Avoid Aspirin, Aspirin-containing medication or certain pain medications such as Motrin, Advil, Aleve, Naprosyn, ibuprofen (“NSAIDs”). Tylenol (acetaminophen) is a safe, acceptable substitution for pain control during the week prior to your procedure.
2. **Purchase three Fleet Enemas.**
3. **10 PM EVENING BEFORE the test:** Administer one Fleet Enema prior to bedtime the night before your procedure.
4. **Morning of the test:** Take the second Fleet Enema 60-90 minutes before leaving your home for your appointment. If the evacuated material contains no formed (solid) material, you are well prepared. If you have noted solid fecal material after the 2nd enema, please administer a third and final enema (about an hour) before leaving for your appointment.
5. **If you require sedation:**
 - a. **Do not have solid food after 8pm the night prior to your procedure**
 - b. **You may have clear liquids only until 4 hours prior to the procedure. Coffee, milk, cream are not permissible.**
 - c. **You must have nothing by mouth 4 hours prior to the procedure, other than morning medications which can be taken with a small sip of water.**
6. **If you do not require sedation,** you must have nothing to eat 8 hours before the test but may drink liquids freely until 2 hours before the exam.

ESCORT POLICY: If you are having your procedure done with sedation, please remember it is REQUIRED that someone pick you up after the procedure. Your escort does not have to be present for the entire procedure and can be called when you are in recovery.

Frequently Asked Questions

What should I bring to the Center on the day of my procedure?

- Photo ID and insurance card
- List of medications
- Remove all jewelry, piercings, and nail polish before arriving. If you have a non-removable piercing, please contact your physician's office.
- You will need to remove contact lenses before your procedure. Please bring extra contact lenses or glasses with you if required.

What if I am on my menstrual cycle on the day of my procedure?

Your menstrual cycle will not affect your procedure.

NOTE: Female patients under the age of 55 will be asked to submit a urine sample for the purposes of pregnancy testing prior to their procedure.

What should I wear to the Center? Wear comfortable clothing that is easily stored and removable.

What if I am breastfeeding?

- In general, breastfeeding is considered to be safe after one is fully recovered from anesthesia.
- If you are breastfeeding, please discuss with your gastroenterologist prior to your procedure and notify the anesthesiologist on the day of your procedure.

How long will I be at the Center for my procedure?

- Most patients spend an average of 2-3 hours at the Center.
- Your adult escort does not have to be with you the entire time and you may call your escort once you are in the recovery area to coordinate pick-up.

Will cannabis use impact my procedure?

- If you smoke or vaporize cannabis, please discontinue use 12 hours prior to your procedure.
- If you ingest cannabis, please discontinue use 8 hours prior to your procedure.
- Cannabis use can have cardiac and respiratory effects that may have an impact during your procedure

If I have had a recent bed bug exposure, should I still come in for my procedure?

- Our nurses screen all patients thoroughly for risks associated with bed bug exposures. Please let your physician know if you have had a recent bed bug exposure.

What if I just gave birth prior to my procedure? Please inform your physician if you are less than 6 weeks post-partum.

Instructions for Patients Receiving Phentermine and GLP1 Agonist Medications

Taking **GLP1 [glucagon like peptide 1] agonists and phentermine** medications can have the unanticipated consequence of a food-filled stomach and blood pressure lability during endoscopic procedures. If the stomach is full during these procedures, there is a higher risk for aspiration of gastric contents into the lungs, which would result in abrupt discontinuation of the procedure. In order to reduce these risks, please follow the instructions below.

Failure to follow these instructions will result in cancellation of your procedure.

IF YOU ARE TAKING THIS MEDICATION...	YOUR LAST DOSE SHOULD BE...
<ul style="list-style-type: none"> • Phentermine (Adipex-P, Lomaira, Qsymia, Suprenza, Lonamin) • Bydureon (exenatide, once-weekly injection) • Mounjaro (tirzepatide, once weekly injection) • Ozempic (semaglutide, once-weekly injection) • Trulicity (dulaglutide, once-weekly injection) • Wegovy (semaglutide, once weekly injection) • Zepbound (tirzepatide, once weekly injection) • 	<p>At least <u>7</u> days prior to the scheduled procedure(s).</p>
<ul style="list-style-type: none"> • Byetta (exenatide, twice daily injection) • Rybelsus (semaglutide, taken by mouth once daily) • Victoza (liraglutide, once-daily injection) 	<p><u>1</u> day prior to the scheduled procedure(s). You should not take these medications on the day of your procedure.</p>
<p>If you have concerns prior to stopping any medication, please contact your prescribing physician</p>	

PROCEDURE(S)	ADDITIONAL INSTRUCTION
Upper Endoscopy (alone)	<u>You must begin a clear liquid diet 24 hours prior to your procedure</u> and continue up until 4 hours prior to the procedure. You should only have clear liquids during this time (no solid food or full liquids). <u>You should have nothing by mouth for 4 hours prior to your procedure time.</u>
Colonoscopy Upper Endoscopy combined with colonoscopy Flexible sigmoidoscopy (under sedation)	<u>You must begin a clear liquid diet 24 hours prior to your procedure</u> and continue up until 4 hours prior to the procedure. You should only have clear liquids during this time (no solid food or full liquids). <u>You should have nothing by mouth for 4 hours prior to your procedure time.</u> Follow the remainder of the prep instructions provided by your gastroenterologist or surgeon.
<p>Allowable clear liquids include: apple juice, lemonade, white cranberry juice, clear sodas, iced tea, Gatorade, coffee and tea (without milk or creamer), clear broth, Jell-o and ice pops. Please avoid liquids that are heavily colored, such as red cranberry juice or cherry Gatorade. Avoid juices with pulp.</p>	