### Flexible Sigmoidoscopy

**Name:**  
**Appointment Date:**  
**Check in time:**  

<table>
<thead>
<tr>
<th>5 Days Before</th>
<th>1 Day Before</th>
<th>Procedure Day</th>
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|   • You will receive sedation therefore you will need to confirm a ride home.  
• Purchase 2 (two) Fleet enemas.  
• **Stop** taking iron pills.  
• It is **OK** to keep taking Aspirin  
• **Please inform our office if you are taking blood thinners such as Prasugrel (Effient), Epixaban (Eliquis), Dabigatran (Pradaxa), Clopidogrel (Plavix), Xarelto, Coumadin for further direction.**  
• **Insurance:** You will receive 2 phone calls, one from the physician’s office and one from the facility explaining how much you have to pay.  
|   • **No solid food after 6 PM.** You may have clear liquids. Clear liquids are strained fruit juice (no pulp). Apple, white grape, broth, water, Gatorade, Popsicles, Jello, coffee, tea (no milk or cream).  
• Purchase 2 Fleet enemas. Use 1 as directed the evening before the procedure.  
• At night, take all the medicines you normally take. **For directions taking insulin contact your prescribing provider.**  
|   • Use the 2<sup>nd</sup> Fleet enema as directed at least 2 hours before you leave for the hospital. Follow the directions on the Fleet enema box.  
• Early morning – take your usual prescribed medications with a few sips of water.  
• Follow the directions your provider gave you regarding insulin.  
• You can have clear liquids up until 2 hours before your check in time.  
• Bring your ID and insurance card. Leave jewelry, money and other valuables at home.  
• If you have sedation you MUST have a responsible adult take you home. Your ride will be paged or called when you are ready to leave. If you do not have sedation you may drive yourself home.  
• Children under 12 are NOT allowed in the waiting room.  
• Allow 2 – 3 hours in the GI Lab.  

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