

Preparation for Sigmoidoscopy

- A sigmoidoscopy requires two enemas before the procedure to clean out the lower part of the colon.
- If your travel time is more than 2 (two) hours, ask at the time of scheduling if you can do the prep (enemas) in the endoscopy suite.
- If you are scheduled with anesthesia you must have a licensed driver, aged 18 or older, present at check in and discharge. If you do not have a driver with you at check in, we will need to reschedule your appointment. This person must be available as soon as you are ready to be discharged. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
- If you are not scheduled with anesthesia, you may drive yourself home and resume your normal activities.
- Please do not wear contact lenses.
- If you have diabetes, ask your health care provider for diet and medicine instructions.
- If you must cancel or reschedule your appointment, please call the Endoscopy Call Center as soon as possible at: o (650) 988-7487 A five working day cancellation notice is required. A \$200 fee will be charged for all broken appointments.

Sigmoidoscopy Prep Instructions

Purchase 2 (two) sodium phosphate enemas at your local pharmacy. You will not need a prescription. One common brand is Fleet®. Be sure to use an enema product, not an oral or liquid laxative. Follow the instructions below carefully to ensure a successful exam.

7 days before your sigmoidoscopy If you are taking any anticoagulants such as Coumadin, Plavix, Mobic, Aspirin, Motrin, Advil, Excedrin, Aleve, Vitamin E, Fish oil or Glucosamine will need to be discontinued 7 days prior to your procedure. It is okay to continue Tylenol, Codeine or Vicodin.

Day of your sigmoidoscopy:

Eat small light meals the day prior to procedure.

Stop eating all solid foods 8 hours before your procedure.

Clear liquids are acceptable to drink.

Allowed Clear Liquids: • Gatorade®, Pedialyte® or Powerade®

- Coffee or tea (no milk or nondairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid® or other fruit-flavored drinks
- Apple juice, white cranberry, or white grape juice

- Jell-O (gelatin) or popsicles

Non-Clear liquids – Not allowed

- Chicken, beef or vegetable broth
- Red or purple items of any kind
- Alcohol • Milk or non-dairy creamers
- Juice with pulp
- Hard candy
- Any liquid you cannot see through

- You may take all of your morning medicines (except for oral diabetes medicine – pills) as usual with water up to 4 hours before your procedure.
- If you take oral diabetes medicine (pills) for your diabetes: do not take the medicine the morning of your procedure.

3 hours before your procedure:

- Stop chewing gum
- Stop drinking everything, including all clear liquids

90 minutes before you leave home for the procedure:

Administer the two enemas. Follow these insertion directions:

1. Lie on your left side.
2. Remove the cap from the tip of the enema bottle.
3. Insert the tip of the enema bottle gently into your rectum, about four inches.
4. Slowly squeeze the entire contents of the bottle into your rectum.
5. Hold the fluid inside of you for about 15 minutes, if possible.
6. Sit on the toilet and expel the fluid.
7. Immediately repeat steps 1–6 for the second enema. Bring a list of all your current medicines with you, including any over-the counter medicines.