



Instructions for Flex Sigmoidoscopy

Five- Seven (5-7) days prior to your procedure: Stop taking Coumadin, Plavix, Pradaxa, and Effient unless instructed otherwise by the doctor. It is ok to take Tylenol. Additional medications to avoid: Aggrenox, Butalbital, Corcidin, Iron, Ferrous Sulfate, Hemocyte Plus, Norgesic, Persantine.

Two(2) days before your procedure: Stop eating seeds, popcorn, nuts, fried foods, whole grains, berries, kiwi, lettuce and other greens, figs, raisins, radishes, cucumbers, and tomatoes. Do not drink alcohol or juices containing pulp.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT
(The day before your procedure).

Diabetics: Monitor your blood glucose. If low, you may suck on hard candy. You may take your heart or blood pressure medications at 6 am with minimal water. Take 2 fleets enemas 1 (one) hour before arrival on procedure day. Take both enemas before you expel. Fleets can be purchased at any drugstore.

Wear warm, loose clothing and socks (You may bring a blanket).

No jewelry, valuables, or nail polish.

Usually this procedure is performed without sedation. However, if your physician has informed you that sedation will be used, you will need to arrange for someone to remain in the center during your procedure and to drive you home.