

Flexible Sigmoidoscopy

Ten Days Before

- You may choose to have your procedure with or without sedation.
- **If you choose to have sedation, please arrange for a responsible adult (18 years or older)** to drive you home and stay with you on the day of your procedure. If you are receiving sedation for your procedure and do not have a responsible adult, your procedure will be cancelled. Your responsible adult may leave but must be reachable by phone before the start of your procedure and available to pick you up no more than 15 minutes after your procedure.
- **You may leave alone only if you are not having sedation.**
- **If you take any medications for diabetes or any blood thinners (other than aspirin 81mg or 325mg, or Plavix) and have not been contacted by a pre-admit nurse**, please contact your prescribing physician for instructions. **If you are taking Plavix (clopidogrel)** please see page 2 for instructions. You may continue to take daily aspirin (81mg or 325mg) without interruption.

Three Days Before

- Buy two Fleet enemas over the counter.
- **Stop** fish oil, iron supplements, and fiber supplements. Do not use mineral oil enemas.

24 Hours Before Your Check-In Time

- **Stop** eating solid food and begin clear liquid diet (see Clear Liquid Diet Guide on page 3) and drink 1-4 glasses of water or clear liquids.

Procedure Day

- Continue clear liquid diet.
- **Early morning:** Please take your regular medications with sips of water (including aspirin and high blood pressure medicines), except for those listed on page 2.
- **If you are receiving sedation:** six hours before your check-in time, limit clear liquids to water, black coffee or tea (no sweeteners/cream/milk, please limit coffee to two cups or less).
- **Two hours before leaving home:** Use first Fleet enema, following instructions provided on package.
- **Nothing past your lips starting two hours before your procedure check-in.**
- **One hour before leaving home:** Use second Fleet.
- Do not take any mind-altering substances the day of your procedure, such as: alcohol, marijuana, or other “recreational” substances.
Doing so will result in cancellation of your procedure.
- Please plan to spend 1.5-2 hours at the facility for your procedure, from check-in to discharge.

After Procedure

During the procedure you received medications that may significantly impair your judgment. Plan to take the day off work. For your safety you may not drive, take other transit or leave the medical center without a responsible adult. Put off important decisions until the day after your procedure.

Important: Please read all instructions at least two weeks before your procedure. Patients with longer travel times, including ferry riders, may prefer an afternoon appointment.

In order to avoid a \$300 late cancellation fee, please call at least 4 business days prior to your appointment, if you need to reschedule.

**To reschedule, call
(253) 272-8664, Option 2**

Franciscan Endoscopy Center in Tacoma
Franciscan Endoscopy Center in Gig Harbor
Franciscan Endoscopy Center in Federal Way
Franciscan Endoscopy Center in Burien
St. Elizabeth Hospital, Enumclaw
St. Joseph Hospital, Tacoma
St. Anthony Hospital, Gig Harbor
St. Anne Hospital, Burien
St. Clare Hospital, Lakewood
St. Francis Hospital, Federal Way

**To reschedule, call
(206) 223-2319, Option 2**

VMMC Lynnwood Ambulatory Surgery Center
VMMC Bellevue Ambulatory Surgery Center
VMMC Federal Way Outpatient Surgery Center
VMMC Seattle Buck Pavilion
VMMC Seattle Jones Procedural Center

Medication Information

Continue taking without interruption:

- ✓ Any routine medications not on the “do not take” list
- ✓ High blood pressure medications
- ✓ Daily aspirin (81 mg or 325mg)
- ✓ Multivitamin that contains iron
- ✓ Miralax and other laxatives

Contact your prescribing physician for instructions:

- Diabetic medications
- Any blood thinner other than daily aspirin (81mg or 325mg) or Plavix (clopidogrel)

DO NOT TAKE starting three days prior to procedure (or five days prior to your procedure if you are completing extended or two-day prep):

- ✗ Iron supplements
- ✗ Fiber supplements
- ✗ Fish oil
- ✗ Mineral oil enemas

If you take Plavix (clopidogrel):

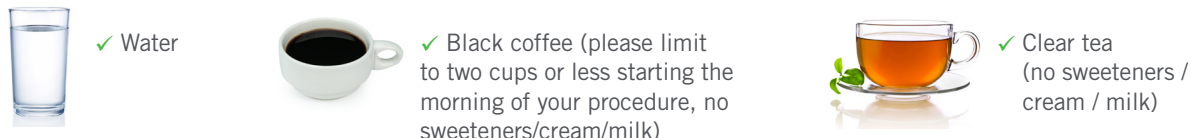
Stop five days before your procedure, unless you have had a heart stent placed in the last 12 months or you have had a heart attack in the last three months, in which case you will need to contact the provider managing your Plavix (usually your primary care provider or cardiologist) to see if it is safe to hold the Plavix. In some cases, you may be instructed to continue the Plavix during the procedure or to reschedule the procedure to a later date.

Clear Liquid Diet Guide

Starting 24 hours before your check-in time, the following clear liquids are acceptable:



Starting six hours before your check-in time, limit clear liquids to the following:*



**If you are diabetic and experiencing hypoglycemia, you may have clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry (no pulp, or red, green or purple) up to two hours before your check-in time.*

DO NOT DRINK

- ✗ Milkshakes
- ✗ Smoothies
- ✗ Juice that is **not** clear: orange, pineapple, grapefruit, and tomato
- ✗ Milk, dairy or non-dairy
- ✗ Soup other than clear broth/unstrained broth (i.e. broth that still contains herbs)
- ✗ Cooked cereal
- ✗ Juice, popsicles or gelatins with red, green or purple dye
- ✗ Barium/oral contrast
- ✗ Limit alcohol

How Do I Know if My Prep is Working?

(for colonoscopy only)

Look at these examples for comparison:



Dark
and murky.
NOT OK

Brown
and murky.
NOT OK

Dark orange and
semi-clear.
NOT OK

Light orange and
mostly clear.
ALMOST THERE

Yellow and clear,
like urine.
YOU'RE READY

After drinking all of your prep, your bowel movements should be all liquid yellow and clear like #5. If so, you're ready!

However, if your bowel movements are solid, have semi-solid particles or look like #1, #2 or #3 you are not prepped well enough and will need to drink more prep or cancel your procedure.

It is very important to drink ALL of your prep. Please do not stop drinking your prep just because you have had several clear bowel movements.