

# Flexible Sigmoidoscopy | Preparation Instructions

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Name: «FirstName»      Date of Procedure:      with: Dr. «RendPrLName»      Arrival Time:  
Alaska Digestive Center: 563-1750      ARH: 264-2055      PAMC: : 212-3124      SCOW: 631-3578  
4048Laurel Street STE 103a

## ONE WEEK BEFORE COLONOSCOPY

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- If you are planning on receiving sedation medication during the procedure, you will need to arrange for a licensed adult driver to take you home. Public transportation is only allowed with an adult escort. You are allowed to drive yourself if you do not receive sedation medication.
- Purchase two (2) Fleet saline enemas. The enemas are over the counter and can be purchased at any pharmacy.
- **Medications**
  - Blood-thinning medications may need to be discontinued. Take your last dose of      on
  - May continue to take regular medications, unless instructed by provider or nursing staff
  - **Stop Taking**
    - Prescription Iron pills
  - **Stop Eating**
    - Seeds, nuts, tomatoes, berries, corn, popcorn, and breads with seeds or nut

## TWO DAYS BEFORE COLONOSCOPY

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- Obtain Covid Test

## ONE DAY BEFORE FLEXIBLE SIGMOIDOSCOPY

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### Patients that are Diabetic

- Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure.
- No dose the day of the procedure.

## DAY OF FLEXIBLE SIGMOIDOSCOPY

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- **Start clear liquid diet. No solid foods, dairy or non-dairy products, juices with pulp, red or purple colors, and alcohol.**
  - Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jell-O, Popsicles, soda, etc.
  - If you are planning on receiving sedation medication, stop clear liquids three (3) hours prior to your procedure.
  - **Administer the first Fleets enema Two (2) hours prior to your arrival time to the facility**
  - **Administer the second Fleets enema One (1) hour prior to your arrival time to the facility**
- ❖ **How to use enemas:**
- Lie on left side with knee bent and arms resting or kneel, then lower head and chest forward until face resting on surface.
  - With steady pressure, gently insert enema tip into rectum with a slight side-to-side movement, with tip pointing toward navel. Insertion may be easier if person receiving enema bears down, as if having a bowel movement. This helps relax the muscles around the anus.
  - Do not force the enema tip into rectum as this can cause injury.
  - Squeeze bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely, as it contains more liquid than needed.
  - Remove from rectum and maintain position until urge to evacuate is strong (usually 2 to 5 minutes).