

## Flexible Sigmoidoscopy without Sedation Prep Instructions

Below are instructions to prep your colon for your flexible sigmoidoscopy prep. The prep will clean your colon so the doctor will be able to see your colon during the procedure.

### Important!

Please follow only these instructions exactly as directed. **DO NOT** use the instructions that come with your prep. Failure to follow these instructions may lead to procedure cancellation.

### 7 Days prior to procedure:

- Pick up the following bowel prep items over the counter at any pharmacy:
  - 2 Fleet enemas
- **AND**
  - 1 bottle of Magnesium Citrate
- **STOP** taking iron supplements and multivitamins.

### 3 days prior to procedure:

- **STOP** eating foods that are high in fiber and hard to digest, such as, whole grains, seeds, beans, nuts, corn, popcorn, green leafy vegetables and any vegetables/fruit that have skin or seeds.
- You may eat white breads, pasta, rice, and any vegetables/fruits without skin, such as, bananas, mangos, melon, and peeled white or sweet potatoes.

### 1 day prior to procedure:

- To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.
- **At 6:00 p.m. drink the whole bottle of Magnesium Citrate**
- **At 8:00 p.m. give yourself one Fleet enema.**

### Day of Procedure:

- **1 hour before procedure arrival time**
  - Give yourself one Fleet enema
- You may take your morning medications with a sip of water at this time.
- **You may have a light breakfast, pick 1 from of the following:**
  - a small cup of yogurt,
  - a small bowl of low fiber cereal
  - 2 slices of white toast

## Additional Information

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### Ride Information

- You can expect to be ready to go home 1½ to 2½ hours after your arrival.
- After being dropped off, please be sure your ride is reachable by phone and able to return to the hospital within 30 minutes of receiving a call from us.
- Cell phone reception is limited in the parking garage. If your ride plans to stay in the car, it is best to park on the top floor of the garage.
- When your ride arrives to pick you up, please have them pull up to the hospital main entrance and provide your name to the valet. You will be transported via wheelchair to your ride.

### **Important Information on Medications**

If you are taking a blood thinner, (examples; Coumadin, Plavix, Xarelto), you will receive instructions from our scheduling team about when to stop this medication, ordered by your prescribing provider.

If you are taking a diabetes medication, please contact the prescribing provider for pre-procedure instructions.

**Failure to follow medication instructions may lead to cancellation of your procedure.**

- If you wear contacts, you will be asked to remove them before the procedure.
- If you are within childbearing age, you may be asked for a urine sample before to your procedure.
- Please ignore the procedure times listed on Exeter Hospital or Core Physicians' patient portals. The Endoscopy department schedulers will contact you directly with your time.
- You will be asked to remove jewelry before your procedure.
- You should consider leaving valuable items at home.

**For questions, or if you are unable to attend your appointment, please call the endoscopy department at 603-580-7892.**