

# Flexible Sigmoidoscopy

## Preparation Instructions

No shows or cancellations with less than 72 hours' notice will result in a \$100 cancellation fee. This charge is not covered by insurance and will be an out-of-pocket expense.

### Today – Plan ahead

- ☐ Review medications that will need to be stopped or adjusted for your procedure. **You will receive a call from a nurse at the facility where your procedure is being performed with additional medication instructions.**
- ☐ Arrange for a responsible adult (18+ years of age) to remain at the facility during your procedure and drive you home. You will be drowsy from sedation making it unsafe for you to drive. Sedation can impair your reaction time, judgement, and alertness increasing the likelihood of accidents on the road and risk of harm to yourself and others. You may arrange for a taxi, ride share (Lyft®, Uber®, etc.), or medical transport only if another responsible adult is riding with you after your visit. Your procedure will be canceled if responsible transportation cannot be arranged.

### 1 Week Before

- ☐ Review items to purchase.
- ☐ **STOP** taking oral iron supplements, fiber, probiotics and over-the-counter vitamins.
- ☐ Review medications that will need to be temporarily **stopped or adjusted**. These include:
  - **Blood thinners** (such as Coumadin®, Eliquis®, Xarelto®, Pradaxa®, Effient®, Brilinta®)
  - **GLP-1 medications** (such as Ozempic®, Wegovy®, and Mounjaro®).
  - If you are on medication(s) to manage **diabetes**, your medication(s) may need to be adjusted.

#### Items to Purchase

- ☐ Two (2) Fleet® Saline Enemas
- ☐ Dulcolax® (Bisacodyl) 5 mg
- ☐ Gas-X® (Simethicone) 125 mg, or generic equivalent
- ☐ Supplies for a clear liquid diet
- ☐ Optional items:
  - Kit for administering tap water enemas
  - Desitin®
  - Personal cleansing wipes

#### Examples of approved clear liquids (No red dye)

- |  |   |
|--|---|
| ✓ Water                                | ✓ Clear broth (vegetable, beef, chicken)            |
| ✓ Sports drinks (Gatorade®, Powerade®) | ✓ Gelatin (Jell-O®)                                 |
| ✓ Black coffee or tea                  | ✓ Popsicles, Italian ice, sorbet                    |
| ✓ Soft drinks                          | ✓ Clear juice (apple, white grape, white cranberry) |

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### 1 Day Before

MORNING	<input type="checkbox"/> DO NOT consume alcohol (this can cause severe dehydration and ill symptoms during bowel prep).
	<input type="checkbox"/> DO NOT use marijuana/THC products today. These products interact with anesthesia and prevents you from signing consent. Your procedure will be cancelled.
4:00 P.M.	<input type="checkbox"/> <u>DO NOT eat any solid food after 4:00 P.M.</u> You may have clear liquids only. <b>AVOID red colored liquids, dairy (milk, creamer), juice with pulp, liquids you cannot see through.</b>
6:00 P.M.	<input type="checkbox"/> Take two (2) Dulcolax® (Bisacodyl) 5 mg tablets.
	<input type="checkbox"/> Drink 16-ounces of water.
8:00 P.M.	<input type="checkbox"/> Use one (1) Fleet® enema. This works best if someone can help give you the enema while you are lying on your LEFT side. Try to hold the fluid in for at least 3-5 minutes while lying on your left side before going to the bathroom. If you are unable to hold the fluid in, or if you prefer, you can use a warm tap water enema until the water returns clear of stool.

**Continue to hydrate with clear liquids to prevent dehydration.**

### The Day Of

MORNING	<input type="checkbox"/> DO NOT consume alcohol or use marijuana/THC products today. These products interact with anesthesia and prevents you from signing consent. Your procedure will be cancelled.
	<input type="checkbox"/> If you take a diuretic/water pill, <b>DO NOT</b> take it this morning.
4 hours before arrival time	<input type="checkbox"/> Take one (1) Gas-X® (Simethicone) tablet with a SMALL sip of water.
	<input type="checkbox"/> <u><b>DO NOT take anything else by mouth. This includes food, water, drinks, gum, candy, lozenges, smoking, and vaping.</b></u>
1 hour before arrival time	<input type="checkbox"/> Use the second Fleet® enema. Again, this works best if someone can help give you the enema while you are lying on your LEFT side. Try to hold the fluid in for at least 3-5 minutes while lying on your left side before going to the bathroom. If you are unable to hold the fluid in, or if you prefer, you can use a warm tap water enema until the water returns clear of stool.
What to bring with you	<input type="checkbox"/> Bring the following with you to your procedure location: <ul style="list-style-type: none"><li>○ Responsible adult (18+ years of age) to accompany you and drive you home.</li><li>○ A list of all medications you are taking, including over the counter medications and supplements.</li><li>○ Your insurance card.</li><li>○ A photo ID.</li></ul>

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For questions contact us at 513 853 3636 or visit <https://www.trihealth.com/institutes-and-services/gastroenterology/patient-information> On weekends and after 4 PM on weekdays, call our afterhours number at 513 853 9250.

## Endoscopy Locations

### **Anderson Surgery Center**

7810 Five Mile Road  
Building C  
Cincinnati, OH 45230  
513 977 9700

### **Bethesda Butler Hospital**

3145 Hamilton Mason Road  
Hamilton, OH 45011  
513 894 8888

### **Bethesda North Hospital**

10500 Montgomery Road  
Cincinnati, OH 45242  
513 865 1111

### **Good Samaritan Endoscopy Center North**

10600 Montgomery Road  
Suite 101  
Cincinnati, OH 45242  
513 794 5680

### **Good Samaritan Hospital**

375 Dixmyth Avenue  
Cincinnati, OH 45220  
513 862 1400

### **Good Samaritan Surgery Center West**

3660 Edgewood Drive  
Monfort Heights, OH 45211  
513 591 6219

### **McCullough-Hyde Memorial Hospital**

110 N. Poplar Street  
Oxford, OH 45056  
513 523 2111