

Flexible Sigmoidoscopy Instructions

A flexible sigmoidoscopy is a special examination to directly inspect the lower part of the colon and rectum with the use of a flexible fiber-optic instrument passed through the anus. It is usually done without sedation and most people experience minor discomfort only. Sedation is available upon request and a driver would be required. The exam normally takes 15 minutes.

2 Days prior to your Procedure Date:

STOP blood thinner medications such as Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Arixtra (Fondaparinux) & Lixiana (Edoxaban)

5 Days prior to your Procedure Date:

STOP blood thinner medications such as Plavix (Clopidogrel), Ticlid (Ticlopidine), Brilinta (Ticagrelor), Effient (Prasugrel) & Warfarin (Coumadin)

If you have a mechanical heart valve or had a cardiac stent placed in the last 6 months, please let Dr. Ramkumar know to receive special instructions.

We will call you 1-2 weeks prior to this date of confirmation. We need to speak to you 2 business days prior to your procedure to receive the time of arrival at the hospital. The hospital decides your scope time, not our office. If we are unable to get ahold of you, your time spot will be given to another patient on our waiting list.

On the day of your procedure, report to the Ambulatory Care Department located in the hospital across the street from this office.

Check in at the Ambulatory Care Department 45 minutes before your procedure with your CareCard and your driver's contact number. Once you are ready to leave the hospital, your drive will be called to pick you up.

If you have sedation, You **MUST** have someone drive you home as you will **legally** be unable to drive or operate machinery for the rest of the day. **Your driver must come into the building to drop you off and pick you up to verify your ride home.** You will be able to work normally the following day.

Bowel Preparation for Flexible Sigmoidoscopy

You will need to purchase 2 fleet enemas from a pharmacy of your choice a few days prior to your procedure

What to eat 5 days prior to your procedure

Avoid the following foods:

- Seeds, nuts or popcorn
- Raw vegetables with skin
- Gas producing foods such as corn, broccoli, cabbage, beans or peas
- Whole grain bread or pasta, brown or wild
- Oatmeal, rice, cereal such as shredded
- Fruit with skin
- Any meat with gristle
- Fatty foods
- Herbal, vitamins or vitamins with iron

You CAN eat the following:

- Enriched white bread, pasta, noodles, rice
- Potatoes without the skin
- Well-cooked or canned vegetables
- Canned or fresh fruit without skin
- Tender beef, chicken or fish

8 hours before your exam, DRINK CLEAR FLUIDS ONLY

This would include liquids such as:

- Water
- Juices
- Carbonated or Non-Carbonated Soft Drinks
- Jello
- Black Coffee or Black tea WITHOUT milk
- Gatorade
- Beef, Chicken, Vegetable Broth
- Ice Popsicles

Avoid red or purple coloured drinks as this may affect your scope.

Do not take any alcohol.

4 hours before your exam, use the first fleet enema. Follow the instructions on package. It is meant to be inserted into the rectum. Do not drink this product.

3 hours before your exam, use the second enema.