

## Flexible Sigmoidoscopy (Flex Sig) Enema Bowel Prep Instructions

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**If your provider has determined it necessary for you to do a complete Full Bowel Preparation, then refer to Colonoscopy Instructions.**

7 days prior to procedure	1 day prior to procedure	Day of procedure
<ul style="list-style-type: none"> <li>Continue taking all your regular medications, especially blood pressure and/or cardiac medications.</li> <li>Check the special notes section on page 2 to see if you take any medications listed.</li> <li>Most people do not require anesthesia for this procedure. If you think you may need anesthesia or are unsure if it is indicated, please call our office ASAP to clarify (see page 3 for contact information).</li> </ul> <p><b>*Anesthesia Patients*</b></p> <ul style="list-style-type: none"> <li>If you will be receiving anesthesia: you must arrange a driver who can bring you to the hospital, drive you home, and monitor you at home afterwards. You will not be allowed to drive, take a bus, take a taxi, or leave the facility alone after receiving anesthesia. If you do not have someone to sign you out, drive you home, and monitor you afterwards, your appointment will need to be rescheduled.</li> </ul>	<ul style="list-style-type: none"> <li>Do not eat any solid food today. Follow a clear liquid diet. See page 3 for a list of foods/drinks approved on a clear liquid diet.</li> <li>Diabetics should follow the special notes section on pg 2.</li> <li>Take all your regular medications, exceptions listed on page 2.</li> <li>Purchase 2 over-the-counter enemas (4.5 fl oz bottles). You will use these tomorrow before your procedure.</li> </ul> <p><b>*Anesthesia Patients*</b></p> <ul style="list-style-type: none"> <li>If you will be receiving anesthesia: you may continue to have clear liquids through the night and into the morning but nothing at all 2 hours prior to check in. Do not eat any solid food.</li> </ul>	<ul style="list-style-type: none"> <li>Continue to follow a clear liquid diet, do not eat any solid food until after your procedure.</li> <li>Take all your regular medications, exceptions listed on page 2.</li> <li>1 hour before you leave your house for procedure check in: open the enema bottles and dump out the medicated fluid inside. Fill the now empty bottles with warm tap water. Following the instructions on the enema packaging, administer the enemas one at a time. Retain the water inside your body as long as you can each time.</li> </ul> <p><b>*Anesthesia Patients*</b></p> <ul style="list-style-type: none"> <li>If you will be receiving anesthesia: you may have clear liquids in the morning but nothing at all 2 hours prior to check in.</li> <li>Diabetics should follow the special notes section on pg 2.</li> <li>Bring your driver with you to your procedure.</li> </ul>

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### Special Notes for Patients on Blood Thinning Medications

- **ALL prescription blood thinners will need to be stopped prior to procedure, no exceptions.** It is your responsibility to call the provider who manages your blood thinners ASAP for guidance on how and when to stop taking them. Do not stop taking your blood thinners without consent from your prescribing provider.
- Some common prescription blood thinning medications: clopidogrel (Plavix), warfarin (Coumadin), ticagrelor (Brillinta), prasugrel (Effient), rivaroxaban (Xarelto), dabigatran (Pradaxa), apixaban (Eliquis), dipyridamole (Aggrenox), fondaparinux (Arixtra), dalteparin (Fragmin), cilostazol (Pletal), enoxaparin (Lovenox), edoxaban (Savaysa), or ticlopidine (Ticlid).
- Aspirin 81-325 mg/day is safe to take up to and after your procedure.
- If you routinely see a cardiologist, please call their office and ensure you have medical clearance to receive anesthesia. For your safety, anesthesia providers may request a medical clearance letter from your cardiologist.

### Special Notes for Diabetic Patients

- While on the clear liquid diet the day before procedure and morning of procedure, you should primarily drink sugar-free clear liquids. Additionally, all diabetic medications (pills, insulin, and injectables) should be reduced in dose by half while on the clear liquid diet. Check your blood sugar frequently during this time. It is a good idea to have some non-diet clear liquids, such as apple juice, on hand in case your blood sugar drops.
- See "Other Medication Notes" for guidance on GLP-1 medication (medication name ends in "-tide.")
- If you typically have issues controlling your blood sugars or have questions about your diabetic medications, we highly recommend contacting your endocrinologist or PCP for guidance on how to best manage your blood sugar

### Other Medication Notes

- **If you take the following medications:** iron supplements, fish oil, vitamin E, Metamucil, or fiber supplements, please **STOP** taking these 7 days prior to your procedure.
- Prescription pain medications, Tylenol and ibuprofen/naproxen/diclofenac/meloxicam (NSAIDs) are safe to take in the days leading up to procedure and prior to procedure.
- **GLP-1 medication is most often prescribed for diabetes and weight management. Regardless of the reason why you take this medication, you will need to **STOP** this medication prior to your procedure due to increased risk of aspiration.** Examples include: dulaglutide (Trulicity), exenatide (Byetta or Bydureon), liraglutide (Victoza or Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Wegovy or Reyblsus), and tirzepatide (Mounjaro.)
  - If you are on daily dosing, hold GLP-1 medication the day of the procedure. You can resume after procedure.
  - If you are on weekly dosing, hold medication starting 7 days prior to the procedure. You can resume after procedure.
  - If your GLP-1 medication is prescribed for diabetes management and held for more than 7 days, ask your prescribing provider for bridging anti-diabetic therapy to avoid high blood sugars.
  - If you are taking any medication for weight loss, regardless of the medication this needs to be stopped 7 days prior to procedure. You can resume after the procedure.

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**Approved clear liquids to drink up until 2 hours prior to check in:** water, clear juices without pulp such as apple or white grape, clear broths, sodas, sports drinks, coffee without cream (sweetener is OK), tea without cream (sweetener is OK), powdered or liquid water enhancers such as Crystal Light. Try to avoid **RED**, **BLUE**, or **PURPLE** colored liquids. **Do not drink any alcohol, dairy products, nut milks, creamers, cocoa, or opaque liquids of any kind.**

### What to expect at the endoscopy center

Before	During	After
<ul style="list-style-type: none"> <li>You will check in through hospital registration and be called back into the patient care area by the Endoscopy staff.</li> <li>A nurse will go over your health history, medications, and get you ready for the procedure.</li> <li>Your GI doctor will meet with you to discuss the procedure, any symptoms or concerns you may have, and answer your questions.</li> <li>Your anesthesia provider will meet with you to discuss the procedure, your health history, and answer any questions you may have.</li> </ul>	<ul style="list-style-type: none"> <li>You will be wheeled into the procedure room and move yourself into a left side lying position.</li> <li>Once you are sedated, your GI doctor will perform your procedure. Any abnormalities he encounters will be removed or biopsied at that time.</li> <li>The procedure usually takes around 30 minutes and most patients spend 3 hours at the endoscopy center, check in to check out.</li> </ul>	<ul style="list-style-type: none"> <li>After your procedure, your GI doctor will meet with you again and go over the details of the procedure with you, including pictures.</li> <li>Once you are awake, your GI doctor will meet with you again and go over the details of the procedure with you, including pictures.</li> <li>A nurse will get you ready to go home and go over your discharge instructions with you.</li> <li>After you leave the facility, you may resume your medications and normal diet but start slowly to avoid GI upset. If your doctor recommends limitations with your diet or medications, your nurse will discuss these with you before discharge home.</li> </ul> <p style="text-align: center;"><u>          *Anesthesia Patients*          </u></p> <ul style="list-style-type: none"> <li><b>You cannot drive for 24 hours after receiving sedation.</b></li> <li>Rest for the remainder of the day and make sure you have someone checking on you regularly. You may return to normal activities the next day.</li> </ul>

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### How to contact us

- If you have any questions or concerns about the bowel prepping process, please Multicare Rockwood Digestive Health office **509.755.5220, option 2** M-F 8:00am-5:00pm.
- If you are unable to keep this appointment, please be courteous and cancel or reschedule as soon as possible so we can fill your slot with one of our many patients waiting for an appointment. Call the Digestive Health office at **509.755.5220, option 1** for scheduling.
- For questions regarding failed bowel prepping, check in times, hospital visitor restrictions, directions to the endoscopy centers, or questions about your procedure, please call your assigned endoscopy center.

#### Deaconess Hospital Endoscopy

910 W 5<sup>th</sup> Ave, suite 500  
Spokane, WA 99204

**509.603.4877**

#### Valley Hospital Endoscopy

12606 E Mission Ave  
Spokane Valley, WA 99216

**509.603.8634**

**If you develop cold/flu symptoms or test positive for Covid prior to your procedure date, please call our office. Unfortunately, you will likely need to be rescheduled.**