

Gastroenterology Specialties, PC
Flexible Sigmoidoscopy Instructions – Dr. G. Varilek

****IMPORTANT DIET & PREP INSTRUCTIONS ****

Admit time: Please check in 45 minutes before your procedure time.

General instructions for Flexible Sigmoidoscopy:

1. You will be contacted the week prior to the procedure to review your medical history and instructions, unless you have been seen in the office within 30 days.
2. Have a list of your medications available when the nurse calls. Medication instructions will be given to you at that time.
-- **Blood thinning medications such as Warfarin (Coumadin), Plavix, Pletal, Heparin, Aggrenox or Effient MAY need to be held for 5 days prior to the procedure.**
3. Do not stop any medications prior to your procedure unless you have been instructed to do so.
4. You will need to buy one (1) bottle of Magnesium Citrate and one (1) Fleets Enema. These are available over the counter without a prescription.

THE DAY PRIOR TO YOUR PROCEDURE:

1. **CLEAR LIQUIDS ONLY** starting at 5:00 PM the day prior to your procedure.
*Clear liquids include water, broth, clear juices without pulp, black coffee, tea, sports drinks, flavored waters, Kool-Aid, soda and Jell-O (no fruit or toppings). Drink as much as possible throughout the day. Nothing red, blue or purple colored. **NO SOLID FOODS, MILK OR DAIRY PRODUCTS.**
2. At 7:00 PM, drink one (1) bottle of Magnesium Citrate.

THE DAY OF YOUR PROCEDURE:

1. You may continue the clear liquid diet the morning of your procedure.
2. Use one (1) Fleets Enema rectally one (1) hour before your check-in time.
3. Take only the medications you have been instructed to take prior to your procedure.
4. Please review your post-procedure instructions before resuming any medications.