

## Flexible Sigmoidoscopy Preparation

### Purchase the Following Products:

1. **Two (2) Fleet enemas** at any pharmacy over-the-counter

**IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~ 2 hours total). NO EXCEPTIONS.**

*Please read all instructions thoroughly.*

### The Night BEFORE Your Exam:

- No food after midnight (12:00 AM)
- You may drink plenty of clear liquids up until 2 hours before you arrive.  
**Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**

### The Day Of Your Exam:

- Continue drinking only **CLEAR** liquids until **2 hours** before you arrive.
- **Two (2) hours** before you arrive, use the two (2) Fleet enemas as directed on the package.
- **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints. NOTHING by mouth.)**

### Medications:

- **Take all your regularly prescribed medications** at least two (2) hours before you arrive.

### Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure..
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

### Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

### Bring with you:

- **Your inhaler, if you use one**
- **Your insulin, if you use it**
- **If you did NOT use online registration, bring completed registration forms with you**
- **Photo ID and Insurance Card**
- **List of all medications, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)**
- **Wear a short-sleeved shirt**

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Arrive at the Endoscopy Center at your scheduled registration time. Call us with any questions regarding your preparation.

**Granite Peaks Endoscopy Center**  
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