



# Flexible Sigmoidoscopy Preparation

## FLEXIBLE SIGMOIDOSCOPY:

Sometimes referred to as a FLEX-SIG, enables the physician to look at the inside of the large intestine from the rectum through the last part of the colon, called the sigmoid. Physicians may use the procedure to find the cause of diarrhea, abdominal pain, or constipation. With flexible sigmoidoscopy, the physician can see intestinal bleeding, inflammation, abnormal growths, and ulcers in the descending colon and rectum.

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

## Five (5) Days Before Procedure:

- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

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## Procedure Preparation:

- Purchase 2 Fleet enemas from the drug store
- Approximately 2 hours prior to your appointment, you will give yourself the first enema. Try to hold the liquid in for 15 minutes. If this is not possible, at least 5 minutes is acceptable.
- Follow the same instructions for the second enema, an hour later.
- DO NOT have anything to eat or drink after midnight before your procedure.

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## Day of Procedure:

- No smoking before your procedure.
- No gum or hard candy / mints the day of the procedure.
- Take any currently prescribed heart or blood pressure medications (**DO NOT** take lisinopril) with a sip of water at least 2 hours before your arrival.
- If you are diabetic: to avoid dangerously low blood sugar, please do not take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure, once you have eaten.
- Plan on being at the facility for approximately 1.5 hours
- This procedure is performed with sedation; therefore you **MUST** have a driver after your procedure
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB/BUS/UBER**