

PREPARING FOR YOUR *SEDATED* FLEXIBLE SIGMOIDOSCOPY

Questions after reading this?

Call the GI Triage Line at 720-723-6166 option 2, Monday – Friday and leave a message. An RN will call you back within 48 hours, or on Monday if you call on the weekend. For questions at night or on weekends, call 303-399-8020, select “0” and ask for the GI doctor on call.

As soon as you schedule your colonoscopy

- Please arrive 60 minutes before your appointment time. Expect to be here, from check to discharge, for up to four (4) hours.
- For all procedures involving **Sedation/Anesthesia**:
For your safety, an adult should accompany you home after procedures with sedation. The adult can drive you home or accompany you on public transportation. **No Uber/Lyft, taxi, bus or any other form of public transportation can be used if you are alone after sedation.** There are a few options that can be arranged prior to your procedure if you do not have an adult to assist you. If there are safety concerns, your procedure will be canceled.
No adult to assist you? Call Veteran Transportation Service If living within 25 miles of RMR VAMC. Call (720)-857-5421/5420/5419 at least 7 days before procedure date to schedule a ride.

14 days before your flexible sigmoidoscopy

- The Anticoagulant Clinic should call you if you take a blood thinner such as Warfarin/Coumadin, Eliquis/Apixaban, Xarelto/Rivaroxaban or Pradaxa/Dabigatran. If they haven't by fourteen days prior to the procedure, call 720-723-6756.
- If you are on Plavix/Clopidogrel, Brilinta/Ticagrelor, Pletal/Cilostazol, Aggrenox/Aspirin with Dipyridamole or Prasugrel/Effient, you should receive a call from the GI Department at least fourteen days prior to the procedure. If you don't, please call 720-723-6166.

7 days before your flexible sigmoidoscopy

- STOP EATING corn, popcorn, frozen corn, seeds or nuts of any type. These foods are very difficult to clean from your colon.
- STOP taking any IRON supplements as they may discolor your colon.

3 days before your flexible sigmoidoscopy

- STOP taking any Vitamin E, fish oil, mineral oil, or flaxseed oil. These can cause bleeding.
- Buy **two bottles of Fleets enemas** at a pharmacy or grocery store.

The day of your flexible sigmoidoscopy

- **DO NOT eat any solid food after midnight the night prior.** You may have sips of clear liquids, and any morning medications, up until FOUR HOURS PRIOR to the sigmoidoscopy. Take any morning medications you need (but not any of the supplements listed above).
- *Administer the two enemas at least ONE HOUR before you leave home to come here. If you will drive over an hour to get here, you may wait until you are here to do the enemas.*
- Come to your appointment 60 minutes beforehand! The GI Lab is on the 3rd floor of building D, Mount Harvard. Take elevator number 1 to the 3rd floor, and our waiting room will be on the east side of the building.