

PREPARING FOR YOUR *UNSEDATED* 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 flexible sigmoidoscopy

- Please plan to arrive 60 minutes before your appointment time.
- A sigmoidoscopy is usually done without sedation, and you may come alone and drive yourself home.

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 your pharmacy or grocery store.

The day of your flexible sigmoidoscopy

- Take any morning medications you need (but not any of the supplements listed above).
- You may have a very light breakfast such as juice, tea, coffee, toast.
- **If your procedure is in the afternoon do not have lunch.**
- *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.