

Dr. Donald Walters Dr. Krysia Zancosky Dr. Faye Abboud

FLEXIBLE SIGMOIDOSCOPY PREP

NAME: _____ PROCEDURE DATE: _____

LOCATION:

- Benbrook Medical Center, Building #1, 102 Technology Dr., Butler, PA 16001
- Butler Memorial Hospital, One Hospital Way, Butler, PA 16001

Take all cardiac, blood pressure, thyroid, seizure, and/or acid suppression medications as usual at least two (2) hours prior to your procedure with just a sip of water. DO NOT skip these medications unless the prescribing physician instructed you to do so. You may take anxiety medication, as needed.

If you are taking any of the blood thinners listed below, you **MUST** call and inform the prescribing provider that you are referred for a flexible sigmoidoscopy. **Please contact the prescribing physician at least one week prior to the scheduled procedure to ask if it is safe to stop your blood thinner.** Also, clarify when you should stop and restart the medication. If your provider instructs you NOT to stop the medication, please notify our office immediately.

Pradaxa / Dabigatran
Eliquis / Apixaban
Plavix / Clopidogrel

Brilinta / Ticagrelor
Xarelto / Rivaroxaban
Effient / Prasugrel

Coumadin / Warfarin / Jantoven

If you are taking an iron supplementation or iron-containing medication including a multi-vitamin, you **MUST stop** taking these medications seven (7) days prior to your procedure.

If you are taking Concerta, Tepanil or Tenuate (Diethylpropion), you **MUST hold** these medications for seven (7) days prior to your procedure. *Please check with your prescribing provider before holding these medications.*

If you are diabetic, please **DO NOT** use insulin or take any other diabetic medications on the day of the procedure until after the procedure, unless otherwise instructed by your primary care provider or endocrinologist.

If you are prescribed any of the GLP-1 receptor agonists for treatment of Type II Diabetes or weight loss listed below, **you MUST hold all weekly injections or medication doses as listed below prior to your procedure. All daily injections MUST be held the day of your procedure until after the procedure.** Contact the prescribing provider to ensure that holding these medications is safe.

Dulaglutide / Trulicity – Hold 7 days

Semaglutide / Ozempic / Wegovy – Hold 7 days

Exenatide / Bydureon – Hold 7 days

Liraglutide / Victoza / Saxenda – Hold 7 days

Lixisenatide / Adlyxin – Hold 7 days

Phentermine / Adipex – Hold 7 days

Contrave – Hold 7 days

Oral Semaglutide / Rybelsus – Hold 1 day

Exenatide / Byetta – Hold 1 day

Tirzepatide / Mounjaro / Zepbound – Hold 7 days

All other medications not listed above MUST only be held the day of your procedure. These include, but are not limited to prescription medications, supplements, Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, Fish Oil, Omegas and Glucosamine. You **MAY** take these the evening prior and/or after your procedure.

***** TURN PAGE OVER FOR PREPARATION INSTRUCTIONS *****

WHAT YOU WILL NEED:

- **Purchase TWO (2) Fleet® Enemas over-the-counter at any pharmacy.**

DAY BEFORE THE PROCEDURE – CLEAR LIQUIDS ONLY ALL DAY

You **MUST** follow a clear liquid diet from the time you wake up. **NO SOLID FOODS**. Avoid any liquids that are **red** or **purple** in color. No alcoholic beverages permitted. Please drink a minimum of one (1) gallon of fluids throughout the day. There is no limit to how much you can drink. You are encouraged to drink as much as possible.

Coffee / Tea without milk or creamer	Hi-C
Jell-O without fruit	Kool-Aid
Broth/Bouillon	Sodas – Diet / Regular
Italian Ice	Clear fruit juices –
Popsicles	Apple/White Grape/White Cranberry
Gatorade / Powerade	

- **Approximately three (3) hours before going to bed, use one (1) Fleet® Enema as directed. You may continue CLEAR LIQUIDS until midnight.**

DAY OF THE PROCEDURE: *This will complete the second half of your prep.*

- **Approximately three (3) hours before your scheduled procedure, use the second Fleet® Enema as directed. Please allow enough time to expel enema before leaving for the procedure.**

Please note: Normally, this exam is **NOT** performed with IV sedation. *If you have been told that you WILL be receiving sedating medications, you are required by law to be accompanied by a responsible adult (over the age of 18) to accompany you to the facility, receive discharge instructions, drive you home, and stay with you after the procedure. For your own safety and protection, you will not be allowed to drive home. Taking a taxi or public transportation home by yourself is not permitted. You MUST have someone to accompany you. You are not permitted to drive or return to work until the morning after your procedure.*

Additional Information:

You will be contacted by telephone the business day before your procedure to confirm your arrival time. If you need to cancel, please call our office at 833-391-0654 or the number listed below for the facility at which you are scheduled.

IF YOU DO NOT RECEIVE A CALL BY 3:00 PM REGARDING YOUR ARRIVAL TIME, PLEASE CONTACT THE FACILITY IN WHICH YOU ARE HAVING YOUR PROCEDURE. Refer to the number below for facility's contact information. *Please note, this is for the arrival time only.* All other calls should be directed to our office.

Benbrook Surgical Center	724-431-0740
Butler Memorial Hospital	724-284-4595