

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

ONE WEEK PRIOR TO PROCEDURE:

- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. Please notify us at 810-603-8400 prompt 1 and ***please contact the physician who prescribed the medication for instructions on how to stop them.***
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). ***Do not stop low dose Aspirin (81mg).*** Polyps can be removed in the presence of this lower dosage.
- The following ***is not*** an all inclusive list.
 - ❖ Plavix (clopidogrel bisulfate)
 - ❖ Ticlid (ticlopidine hydrochloride)
 - ❖ Coumadin (warfarin sodium)
 - ❖ Pradaxa (dabigatran)
 - ❖ Xarelto (rivaroxaban)
 - ❖ Eliquis (apixaban)
 - ❖ Persantine (dipyridamole)
 - ❖ Effient (prasugrel)
 - ❖ Arixtra (fondaparinux)
 - ❖ Brilinta (ticagrelor)
 - ❖ Lixiana/Savaysa (edoxaban)
 - ❖ Lovenox (enoxaparin)
 - ❖ Fragmin (dalteparin)
 - ❖ Zontivity (vorapaxar)
 - ❖ Pletal (cilostazol)
- If you are a diabetic, check with your family physician to see if you will need to adjust your insulin dosage.
- If you are taking Adipex (Phentermine) or any GLP-1 Agonist (weight loss medication or for your diabetes) it is required to stop these medications 7 days prior to your procedure. Please contact your PCP regarding this if you are taking these medications for diabetes.

ONE DAY BEFORE PROCEDURE:

- Light Dinner
- **Nothing to eat or drink** after **MIDNIGHT** the night before your procedure

ON THE DAY OF PROCEDURE:

- TWO (2) hours prior to your procedure you need to give yourself TWO (2) Fleets enemas before coming to the hospital
- If you are a diabetic you may check your blood sugar before coming in
- **DO NOT EAT** or **DRINK** anything or your procedure may be cancelled
- You **may take** all your medications with a sip of water EXCEPT: blood thinners, arthritis medications, weight loss medication, and blood sugar/diabetic medication
- What to bring with you:
- You are not allowed to drive, you **MUST** be accompanied by an adult who must remain on the premises while you're having your procedure. Your procedure may be cancelled if you do not have a ride. A list of your current medications including the dosage and time you take them, along with any drug allergies. Your driver's license and insurance cards.