

# Sigmoidoscopy Prep

## Planning for Your Sigmoidoscopy

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

- You must have a responsible adult with you at the procedure.**
  - Be sure to follow your prep instructions and to bring a responsible adult driver with you. Your driver should expect to stay throughout the duration of your procedure.
  - Your entire stay may take up to 3 hours. Please tell your driver that they must remain at the colonoscopy appointment during your entire visit.
  
- If you have diabetes**

People with diabetes have special diet and medications instructions. Call the doctor who manages this for you for your special diet and medication instructions.
  
- If you need to reschedule**

Call 616.252.5775

### What supplies do I need to prepare in advance?

Purchase 2 (two) sodium phosphate enemas at your local pharmacy. You will not need a prescription. One common brand is Fleet®. Be sure to use an enema product, not an oral or liquid laxative. Follow the instructions below carefully to ensure a successful exam.

## Timeline of the Sigmoidoscopy Preparation

**My Appointment Is:** \_\_\_\_\_  
(Date/Day/Time)

### Timeline Table

<b>My Appointment is on a:</b>	<b>7 days before my appointment is a:</b>
Monday	Monday
Tuesday	Tuesday
Wednesday	Wednesday
Thursday	Thursday
Friday	Friday

**7 days before your sigmoidoscopy**

**Day:** \_\_\_\_\_  
Fill in the day according to the timeline table

- **Do not stop your aspirin.**
- If you take a blood thinner you will likely need to hold it for the procedure. Call the doctor who prescribes them to ensure it is safe to hold and get instructions on when to stop it. If you are unsure that you are taking blood thinners, please contact your doctor.
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

**The day before your sigmoidoscopy** Day: \_\_\_\_\_  
Fill in the day according to the timeline table

- **No solid food from now until your procedure is done.** Begin a clear liquid diet (below). Drink at least 8 oz of clear liquids during the day to avoid dehydration.

**Allowed clear liquids:**

- Gatorade®, Pedialyte® or Powerade®
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated or non-carbonated soft drinks
- Kool-Aid® or other fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice
- Jell-O® (gelatin) or popsicles
- Chicken, beef or vegetable broth

**Non-clear liquids – not allowed:**

- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

**Note: Nothing Red or Purple**

- You may take all of your morning medicines (except for oral diabetes medicine – pills) as usual with water up to 4 hours before your procedure.
- If you take oral diabetes medicine (pills) for your diabetes: do not take the medicine the morning of your procedure.

**4 hours prior to your arrival time for your sigmoidoscopy** Day/Time: \_\_\_\_\_  
Fill in the day according to timeline table

- Stop everything by mouth, including all liquids, smoking and chewing gum.

**Before you leave home for the procedure:**

Administer the two enemas. Follow these insertion directions:

1. Lie on your left side.
2. Remove the cap from the tip of the enema bottle.
3. Insert the tip of the enema bottle gently into your rectum, about four inches.
4. Slowly squeeze the entire contents of the bottle into your rectum.
5. Hold the fluid inside of you for about 15 minutes, if possible.
6. Sit on the toilet and expel the fluid.
7. Immediately repeat steps 1–6 for the second enema.

Bring a list of all of your current medicines with you, including any over-the-counter medication.