

FLEXIBLE SIGMOIDOSCOPY

DATE OF PROCEDURE: _____

A friend or a family member needs to bring you and pick you up on the day of your procedure.

1. **7 DAYS PRIOR TO YOUR PROCEDURE** (unless you have coronary artery disease or have had a heart attack or stroke) do NOT take any aspirin or aspirin like products such as Ecotrin, bufferin, Excedrin, Advil, Motrin, Nuprin, Naprosyn, Indocin, Aleve, Alka Seltzer, arthrotec, cataflam, relefen, voltaren, feldene, daypro, clinoril, iodine, Mobic, ticlid, persantine, Aggrenox or ibuprofen. **TYLENOL IS OK IF NEEDED.**
2. No iron pills or fish oil
3. No corn, nuts or seeds
4. **BLOOD THINNERS** - (e.g. Coumadin, Xarelto, Eliquis, Pradaxa, Plavix) Please provide the name of the provider who prescribes your medication. Our office will call them to ask how many days it should be held before the procedure. If the medication is not held prior to your procedure it may be cancelled.
5. **DIABETIC PILLS** – Do not take any diabetic pills the day before your procedure or the morning of your procedure. You may resume after the procedure.
6. **INSULIN** - . Please consult with your endocrinologist on how to adjust your insulin.
7. **WEIGHT LOSS MEDS** – Stop all injectable or oral weight loss medications at least 1 week prior to your procedure. Examples include Trulicity, Ozempic, Wegovny, Mounjaro, Victoza, Saxenda, Adlyxin, Byetta.
8. **BLOOD PRESSURE, HEART, ANXIETY OR SEIZURE MEDICATIONS NEEDS TO BE TAKEN THE DAY OF YOUR PROCEDURE WITH A SIP OF WATER, AT LEAST TWO HOURS BEFORE YOUR PROCEDURE.**
9. If you use an inhaler, bring your inhaler with you to your procedure.
10. If you have a defibrillator, your procedure must be done in a hospital.

THE DAY BEFORE YOUR PROCEDURE:

1. **NO SOLID FOOD, CLEAR LIQUIDS ONLY.**
2. You must drink an increased amount of clear fluids. Examples: Chicken broth, apple juice, sprite, 7up, ginger ale, tea without milk, white grape juice. 2 cups black coffee. Jello, Italian ices, popsicles and Gatorade must be clear (lemon-lime or orange flavors).
3. **Mix 32 OZ OF A CLEAR LIQUID WITH 119 GRAMS OF MIRALAX BETWEEN 12:00 PM AND 2:00 PM**
4. **TAKE 1 FLEET ENEMA 1 HOUR BEFORE BEDTIME**

THE DAY OF YOUR PROCEDURE

1. **Nothing by mouth, not even water.**
2. **Take 1 FLEET Enema 1 hour before arrival time.**

A nurse will send you a my chart message 2 to 5 days prior to your procedure to give your arrival time.

____ Hospital of Saint Raphael's Endoscopy Center, 1450 Chapel Street, New Haven

____ Digestive Disease Endoscopy Suite, 687 Main Street, Branford

____ Bridgeport Hospital, 267 Grant St. 4th Floor, Bridgeport