

Sigmoidoscopy Instructions

Please note: failure to follow instructions in their entirety may result in cancellation of your procedure

On _____, report to the location marked below. You will receive a message 2-5 days before your procedure titled "Procedure Reminder" in the message section of the MyChart application.

Read the entire message. This will provide you with your arrival time. If you do not have MyChart you will be called. For any questions please call 203-481-0315 and leave a message. We will return your call.

() DDA Endoscopy Center, 687 Main St, Branford

() Milford Hospital Endoscopy, 300 Seaside Ave, Milford

() St. Raphaels Hospital Endoscopy Center, 1450 Chapel Street, New Haven

- The procedure is performed with IV sedation so you cannot drive the entire day of your procedure
- You can expect to be here for 2 hours from your arrival time, please tell your ride to be back by that time
- Public transportation is not adequate (no taxi, bus, Uber, train, etc.) and someone must accompany you to and from your procedure. If you are unsteady on your feet, someone needs to stay with you at drop off
- Do not wear perfume, cologne, or any lotions the day of your procedure. Avoid jewelry if possible.
- If your other doctors are planning any cardiac or neurologic tests (e.g. stress test, ultrasound, Holter, MRI) these should be completed before our procedure with results of these tests documented in your chart
- If you've had any major health events (e.g. surgery, COVID) in the past 6 weeks please notify our office

What to purchase: a single 8.3 oz bottle of Miralax (238 grams), and two fleet enemas

Adjusting Your Medications

- **Baby Aspirin** (81mg): OK to continue taking, including the day of your procedure
- **Blood thinners** (e.g. Coumadin, Xarelto, Eliquis, Pradaxa, Plavix): Please provide our office the name of the provider who prescribes your medication. Our office will call them to ask how many days it should be held prior to the procedure. If the medication is not held prior to your procedure it may be cancelled.
- **Diabetes:** Please consult with your endocrinologist or PCP on how to adjust your insulin or oral medication in advance of your procedure. If you take oral medication (e.g. Metformin, Actos, Glipizide, Rybelsus), it is common to hold these medications the day before and day of your procedure.
- **SGLT-2 Inhibitors:** This class of diabetes medications includes Farxiga (dapagliflozin), Jardiance (empagliflozin), Invokana (canagliflozin), Brenzavvy (bexagliflozin), Stelagro (ertugliflozin), Inpefa (sotagliflozin) and must be held 3 days prior to your procedure.
- **Weight loss:** If you are on a Glucagon-like peptide-1 receptor agonist (GLP-1RA - Trulicity, Ozempic, Wegovny, Mounjaro, Victoza, Saxenda, Adlyxin, Byetta) **you can ONLY have liquids the day before your procedure.**
- **Asthma:** If you use an inhaler, please bring it with you.
- **Do NOT stop taking your heart, blood pressure, anxiety, or seizure medications.** On the morning of your procedure, you can take your medications with a sip of water at least 4 hours before your arrival time.

1 Day prior to your procedure: You may consume a low fiber diet for breakfast and lunch. Avoid fatty foods, whole grains, fiber - NO nuts, seeds, corn, raw vegetables, fruits or popcorn. Eat solids that are white and light, e.g. white toast and egg or a small bowl of plain white pasta. Two cups of coffee without milk are allowed. After 12pm, only consume clear liquids. Examples of clear liquids include chicken broth, apple juice, Sprite, ginger ale, tea, white grape juice, jello, italian ice (please NO RED liquids). Stay hydrated.

*Patients on GLP-1RA - If you are on a Glucagon-like peptide-1 receptor agonist (Trulicity, Ozempic, Wegovy, Mounjaro, Zepbound, Victoza, Saxenda, Byetta) you can ONLY have clear liquids the day before your procedure

In the afternoon (between 12pm and 7pm), slowly drink the entirety of one 8.3 oz bottle of Miralax (238 grams). This is available over the counter and can be mixed with 64 oz of a yellow, clear, or orange electrolyte drink (e.g. Gatorade, vitamin water) to help make it easier to drink.

Day of your procedure: sips of water only, no sips of water within 4 hours of your arrival time. Three hours before you are due to arrive, use 2 fleet enemas. Please space the enemas 30 minutes apart.