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# Flexible Sigmoidoscopy Prep

**Southwest Endoscopy**

**7788 Jefferson St NE, Albuquerque, NM 87109**

*Please call to confirm appointment 505-999-1600*

Appointments missed or cancelled with less than 4 business days will result in a \$200 fee in accordance with applicable office policies.



To make your check-in easier, scan the QR code to review all required forms before your procedure, including informed consent, patient rights, and anesthesia consent. You will sign these at check-in. If you're unable to scan, the forms will be available when you arrive.

**The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.**

**Important:** Review this guide at least one week before your procedure. Do not follow the directions on the Polyethylene Glycol 3350 OTC or Miralax bottle—only use the instructions provided here. Adherence to these instructions and full completion of the preparation process are necessary for optimal bowel cleansing.

**Blood Thinners:** If you are taking any blood thinners and this was not discussed with your doctor's office at the time of scheduling, *please call us at least 5 days before starting your preparation*. These include, but are not limited to, Coumadin (Warfarin), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Arixtra (Fondaparinux), and Effient (Prasugrel).

**Insulin Users:** If you are taking insulin and this was not discussed at the time of scheduling, you must contact your prescribing physician at least 5 days before beginning the preparation.

**Iron Supplements:** Stop taking any iron supplements, including those in multivitamins, 7 days prior to your procedure.

**GLP-1 Medications:** If you are taking any GLP-1 medications such as Dulaglutide (Trulicity), Liraglutide (Saxenda), Exenatide (Byetta, Bydureon Bcise), Tirzepatide (Mounjaro, Zepbound), Semaglutide (Ozempic, Wegovy, Rybelsus), Lixisenatide (Adlyxin), or Albiglutide (Tanzeum), you must follow a clear liquid diet only for two full days before your scheduled procedure. Failure to do so will result in procedure cancellation and full cancellation fees.

**Diabetic Medications:** If you are diabetic, do not take your diabetic pills the evening before or the day of your colonoscopy.

**All Other Medications:** Continue all other prescribed medications daily prior to the procedure. On the day of your colonoscopy, it is okay to take them with a small sip of water.

**Pain Relievers:** You may continue aspirin, Tylenol, and NSAIDs including ibuprofen, Motrin, Aleve, Naproxen, Celebrex, or Mobic.

**Transportation Requirement:** You must arrange for a responsible adult to drive you home after the procedure. You will not be allowed to drive yourself, and may not take Uber, Lyft, taxi, or public transportation unless accompanied by an adult companion.

**At least one day prior to your procedure, purchase the following:**

- **(3) Water-based or saline-based “FLEET ENEMAS”; no prescription is needed.**



**Follow the steps below to make sure that your colon is as clean as possible before your Flex-sigmoidoscopy.**

**Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.**

#### **Day of your procedure**

1. Approximately one hour before leaving home, begin use of the three fleet enemas.
2. Hold each enema for 10 minutes or as long as possible.
3. Space each enema 10 to 15 minutes apart.

**Absolutely nothing by mouth 8 hours prior to your procedure. No gum, mints, candy or tobacco products.**

**Call us at 505-999-1600 if you are unable to administer the enemas at home so we may assist you when you check-in.**

- You will need your current insurance card, picture ID, and copayment.
- Please leave all valuables at home or with your driver.
- If you are female under age 50 you may need to submit a urine specimen for a pregnancy test.

All patients must check in for their procedure 60 minutes before the procedure time. For example, if your procedure is set for 7 a.m., please check in at 6 a.m., as our office opens at 6 a.m. Please allocate 2-3 hours for your visit.

**For questions regarding you prep please contact the number below.**

**GiftHealth Patient Support Call Center:**

**M-F 8AM-9PM EST**

**Sat 8AM-2PM EST**

**1-833-614-4438**