



FLEXIBLE SIGMOIDOSCOPY EXAM INSTRUCTIONS

It is important to verify with our office the requirements for having a driver and/or having a pre-op physical for your flexible sigmoidoscopy.

Please immediately read the following instructions completely and carefully. There are important steps that may need to be taken up to one week prior to your sigmoidoscopy. It is recommended to review these instructions more than once to ensure you understand the process to prepare for your sigmoidoscopy.

Failure to follow these instructions may result in an inadequate prep resulting in an incomplete exam. This may result in additional diagnostic tests, repeating the exam, or a recommendation for a follow-up exam at a shorter interval.

IF YOU HAVE QUESTIONS AFTER READING THESE INSTRUCTIONS, PLEASE CALL: 763-587-7752

What You Will Need:

An enema prep is required to prepare for a sigmoidoscopy:

- 2 Fleet laxative saline enemas, 4.5 fluid ounces (typically sold in a 2 pack)
- Fleet saline enemas are available over-the-counter at your pharmacy or grocery store. Each enema package will contain a saline-filled enema bottle with a soft, pre-lubricated tip for insertion of the fluid.

Transportation:

- You must arrange for someone to drive you home and stay with you for 12 hours after your procedure due to the sedation administered for completion of the sigmoidoscopy.
- A taxi driver, bus, Uber, or Lyft type transportation, Metro Mobility or other medical transport service are not allowed unless you have another responsible adult with you. There are NO exceptions to this policy.
- Failure to have a have a driver and/or responsible adult that can stay with you for 12 hours after procedure will result in your sigmoidoscopy being canceled even if you have completed the enema prep.
- Although it is not uncommon for a sigmoidoscopy to be performed without sedation, situations may arise in which sedation may be required. Being prepared with a driver is highly encouraged.
- The procedure takes approximately 2½ to 3 hours from check-in to check-out, although this may vary.

Insurance:

- Voyage Healthcare does not verify insurance coverage of your sigmoidoscopy or coverage of the facility at which it is scheduled. It is the patient's responsibility to contact insurance to verify coverage.
- If you have billing questions or concerns, you may contact the Voyage Healthcare Business Office at: 763-587-7811. You may also need to contact the facility at which your exam is/was scheduled.

MEDICATIONS

Some prescription and over-the-counter medications need to be held prior to your sigmoidoscopy.

- Iron supplements, fish oil and over-the-counter or prescription non-steroidal anti-inflammatory (NSAID) medications such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, etc.
 - Stop 3 days before your procedure
- Prescription pain relievers/narcotics
 - Do not take 4 hours before your sigmoidoscopy or 4 hours after your procedure
 - Over-the-counter Tylenol (Acetaminophen) is acceptable to take
- Opioid Antagonists (Naltrexone, Suboxone, Methadone)
 - It is not required, but is recommended to hold opioid antagonist 3 days prior to your procedure

We ask that most other prescriptions and over-the-counter medications be held the day of your procedure except for medications for: heart, blood pressure, seizure/Parkinson's or thyroid conditions – you may take these medications with a sip of water the day of your procedure.

Blood Thinners:

- If you take a prescription blood thinner, it needs to be stopped prior to your procedure as noted below.
- If you have been told by the doctor who prescribes your blood thinner to avoid stopping it, please call our office and we will coordinate with that doctor to create a safe plan for your medication.
 - Aspirin 81mg
 - Continue without interruption
 - Aspirin 325mg, Plavix (Clopidogrel) or Effient (Prasugrel)
 - Stop 7 days before your procedure
 - Coumadin (Warfarin)
 - Stop 5 days before your procedure
 - Call your Coumadin/INR clinic to discuss if you need to bridge with an injectable blood thinner
 - Brilinta (Ticagrelor)
 - Stop 5 days before your procedure
 - Eliquis (Apixaban) or Xarelto (Rivaroxaban)
 - Stop 2 days before your procedure
 - Pradaxa (Dabigatran)
 - Stop 3 days before your procedure

Weight Loss Medication GLP-1 Agonists or SGLT-2 Inhibitors – Wegovy, Ozempic, Byetta, Trulicity, Victoza, etc.

- Once or twice daily injectable GLP-1 agonists:
 - Hold the day before the procedure and day of the procedure
- Once weekly injectables:
 - Hold 7 days before the procedure and day of the procedure
- Oral Semaglutide:
 - Hold 7 days before the procedure and day of the procedure
- SGLT-2 Inhibitors:
 - Hold for 4 days before the procedure and day of the procedure
- DDP-4 Inhibitor (Alogliptin, Sitagliptin, Saxagliptin, Linagliptin):
 - Holding for 5-7 days is recommended, consult with prescribing doctor or call our office

PREPPING SCHEDULE

Day of Procedure:

- Drink clear liquids only the day of your exam (examples below), STOP DRINKING 2 hours before your procedure.
- You will administer your enemas before leaving for your procedure.
 - Administer your enemas in the bathroom so you are near a toilet. You will need to insert the pre-lubricated tip into the rectum. With the tip inserted you will need to gently squeeze the bottle multiple times until empty. Once empty, you may remove the enema tip from the rectum and dispose of the bottle. It is important that you try to hold the liquid in the rectum for 3-5 minutes, if possible.
 - **First Fleet saline enema** - administer two hours before you anticipate leaving for your procedure.
 - **Second Fleet saline enema** – administer one hour before you anticipate leaving for your procedure.
- Review your medications carefully taking only those that are listed on page 2 of these instructions.
- Review your check-in time noted at the top of page 1 of these instructions.
- Allow extra time for travel as you may need to stop to use the restroom along the way.

CLEAR LIQUID DIET	
Acceptable Clear Liquids	Unacceptable Liquids
● Chicken, beef or bone broth, bullion, stock ● Jell-o – no fruit pieces ● Pulp-free juice – apple, white grape, white cranberry ● Gatorade, Powerade, Crystal Light, Protein₂O, Ensure Clear, Liquid I.V. ● Coffee and tea – no cream ● Water – any type: flavored, electrolyte, coconut, etc. ● Popsicles or lemon ice ● Soda, even colas such as Pepsi or Coke	● Alcohol ● Energy drinks ● Dairy or dairy substitutes ● It is recommended that you limit caffeine and carbonated beverages ● Liquids that are RED or PURPLE in color

Following the above steps will help to ensure that you are adequately prepared for your physician to perform a complete and thorough exam. Despite all efforts, there can still be incidences of inadequate or poor prep that can result in recommendations for repeat exams or other diagnostic procedures.

Be sure to follow these instructions carefully.

You may reach us during business hours if you need to cancel, reschedule, or have questions about your procedure. Please provide a 72-hour notice if you need to cancel or reschedule. Please, do not contact the facility with scheduling changes.

Phone: 763-587-7752 – Option 1: Scheduling, Option 2: Nurse Line
Monday -Thursday 8:00AM – 5:00PM
Friday 8:00AM – 4:00PM

Locations:

OP North Memorial Medical Center

North Memorial Hospital
3300 Oakdale Ave. N.
Robbinsdale, MN 55422
Check-In: 1st Floor, Patient Care Center
763-520-5200



ASC WestHealth

WestHealth Surgery Center
2855 Campus Drive
Plymouth, MN 55441
Check-In: 2nd Floor, Suite 200
763-302-2800



ASC Maple Grove

North Memorial Ambulatory Surgery Center
9855 Hospital Drive
Maple Grove, MN 55369
Check-In: Door 'B', Suite 175
763-581-9081

