

How to Prepare for a Flexible Sigmoidoscopy

Please take the time to read all instructions and information before your procedure carefully; if you have any questions, please contact our office directly.

- We will call you to inform you of the date of your procedure.
- Several days before your procedure, the hospital will call to inform you of the time of your Sigmoidoscopy.
- The Endoscopy department is located on the 3rd floor of the newer side of the hospital.
- Please call 403-529-8815 should you require further assistance with directions.
- If you arrive at the hospital entrance, staff will be able to assist you to the right floor.

Supplies Needed to Prepare in Advance

- Purchase **2 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.

Preparation

In certain situations, you may be required to adjust or stop certain medications before your procedure.

- Antiplatelets (ASA, Plavix, Ticagrelor) are ideally stopped before the procedure. These may not be able to be stopped depending on the reason you are taking them.
- Stop ASA 7 days before.
- Stop Plavix 5 days before.
- Stop Ticagrelor, Xarelto, Eliquis, Edoxaban 3 days before.
- Anticoagulation (blood thinners) should also be stopped before the procedure if safe to do so. Diabetes medication may need to be adjusted during fasting before the procedure.

****If you are taking these medications, please make sure to discuss them with Dr. Stach before your procedure****

Day of your Sigmoidoscopy:

- You may take all of your morning medicines (Except for oral diabetes medicine – pills) as usual with water up to **4 hours prior** to your procedure.
- If you take oral diabetes medicine (pills) for your diabetes: **DO NOT** take the medicine the morning of your procedure.

8 hours before your Sigmoidoscopy:

STOP eating all solid foods, clear liquids are acceptable to drink.

Approved Clear Fluids:

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

Not-approved clear fluids:

- Chicken, beef or vegetable broth
- Red or purple items of any kind
- Alcohol
- Milk or non-dairy creamers
- Juice with pulp
- Hard candy
- Any liquid you cannot see through

2 Hours prior to your procedure:

- Stop chewing gum
- Stop drinking everything, including all clear liquids

At least 90 Minutes prior to the procedure:

- Administer the **2 enemas**
- Follow the directions on the box
- If you have any questions regarding the instructions please ask the pharmacist.

Important considerations:

- You can expect to be at your appointment for approximately **2-3 hours**.
- You are **NOT** allowed to drive until the day after your procedure.
- Please make arrangements for a ride home after your procedure. You will not be legally permitted to drive yourself or take public transit.
- Cancel at least one week prior to the procedure. If insufficient notice given, depending on circumstances, you may be discharged from Dr. Stach's care.
- Contact Dr. Stach's office if you have any questions regarding this information.

Please remember to bring a list of your current medicine with you, including any over-the-counter medicines.

