



FLEXIBLE SIGMOIDOSCOPY PREPARATION

Your procedure is scheduled with Dr. _____ on:

Day: M T W TH F **Date:** _____ **Check in at:** _____ AM/PM
Procedure time: _____ AM/PM

Purchase one fleet enema and one bottle of MiraLAX

These are available over the counter.

DAY BEFORE YOUR PROCEDURE:

Breakfast – eat anything you like.

Lunch – eat a light meal.

Dinner – clear liquids

6:30 PM – drink 2 capfuls of MiraLAX dissolved in 4-6 ounces of clear liquid.

DO NOT EAT ANYTHING AFTER 5PM. Follow **clear liquid diet** instructions.

- Things you can drink: water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
- **DO NOT** drink milk or creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

DAY OF PROCEDURE:

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.
- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

You may have clear liquids until 2 hours before your procedure time.

2 hours prior to procedure – Use one Fleet enema, following directions provided with it.

Important:

You are required to have a driver take you home after the procedure. Arranged transportation will be verified at check in.

Continue taking your prescribed medications. Unless the following applies to you:

- If you are taking a **blood thinner** please hold these medications as directed by our office. ***Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.***
- If you are taking a GLP-1 agonist: (**Ozempic**, Byetta, Byureon, Victoza, Tanzeum, **Trulicity**, Lixumia, Rybelsus, Wegovy, Fu Laimel, **Mounjaro**, Exenatide, Liraglutide,

*Clear liquid diet, frequently asked questions, procedure tips and more can be found at

www.digestivehealthreno.com



Digestive Health
Associates & Center of Reno

Albiglutide, Dulaglutide, Lixisenatide, Beinaglutide, Semaglutide, PEG-loxenate, Tirzepatide see directions below.

- Daily dose- hold on the day of procedure.
- Weekly dose- hold for 1 week prior to procedure.

Please call our office during regular business hours with any questions. (775) 829-8855

Procedure Location:

5250 Kietzke Lane

Reno, NV 89511

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