

APPT DATE: _____ TIME: _____ AM / PM

FLEXIBLE SIGMOIDOSCOPY EXAMINATION INSTRUCTIONS:

1 week before your procedure, ask about your medications. If you take medications to thin your blood (i.e., treating blood clots, preventing heart attacks or strokes), NSAIDs, fish oil, or ginkgo, ask the doctor who prescribes it for you when to stop taking it.

Medication instructions: _____
Examples of medications / supplements to discontinue one [1] week prior to your procedure include:

ASPIRIN [any brand, all doses – including “baby aspirin” 81 mg, Bufferin, Bayer, Excedrin]		
Anagrelide [Agrylin]	Omega 3	Ketoprofen [Orudis, Oruvail, Actron]
Anisindione [Miradon]	Ginkgo	Ketorolac [Sprix, Toradol]
Apixaban [Eliquis]	Turmeric	Meclofenamate [Meclomen]
Celebrex [Celecoxib]		Mefenamic Acid [Ponstel]
Cilostazol [Pletal]		Meloxicam [Mobic]
Clopidogrel [Plavix]		Nabumetone [Relafin]
Dalteparin [Fragmin]		Naproxen [Aleve, Anaprox, Midol, Naprelan, Naprosyn]
Diclofenac [Arthrotec, Cataflam, Voltaren]		NSAIDs [non-steroidal anti-inflammatory drugs]
Difunisal [Dolobid]		Oxaprozin [Daypro]
Dipyradamole [Persantine]		Pentosan polysulfate [Elmiron]
Dipyradamole + aspirin [Aggrenox]		Piroxicam [Feldene]
Enoxaparin [Lovenox]		Pradaxa [Dabigatran Etxilate]
Enteric coated aspirin [Ecotrin]		Salsalate [Amigesic, Salflex, Disalcid]
Etodolac [Lodine]		Sulfinpyrazone
Famotidine + Ibuprofen [Duexis]		Sulindac [Clinoril]
Fenoprofen [Nalfon]		Ticlopidine [Ticlid]
Flurbiprofen		Tinzaparin [Innohep]
Heparin injection		Tolmetin [Tolectin]
Ibuprofen [Advil, Motrin, Nuprin, Rufen]		Trilisate [Salicylate combination]
Indomethacin [Indocin]		Warfarin [Coumadin]
		Xarelto [Rivaroxaban]

Over the Counter Items to purchase at a pharmacy:

- 3 Fleet enemas
- Dulcolax (bisocodyl 5 mg) tablets—they usually come in a box of 10
- 1 bottle Miralax powder or generic equivalent (8.3 oz.)

24 hours prior to the exam, begin a strict diet of **clear liquids only**.

This means **NO** solid food of any kind for 24 hours prior to the time of your scheduled appointment - only liquids which you can see through, to include:

- Coffee or tea (decaf, NO cream)
- Chicken or beef bouillon
- Clear jello (without fruit)
- Apple juice, White grape juice, white cranberry juice
- Gatorade, Powerade, 7UP, Ginger Ale

At **7pm** the evening before your procedure, take 2 Dulcolax (bisocodyl 5 mg) tablets and mix 4 oz. Miralax with 32 oz. clear liquid of your choice. Drink it over the next hour.

The morning of the exam – use Fleet enemas until clear results are obtained (usually 2-3 enemas).

Consider using ‘Depends’ if you are a sound sleeper.

NO more fluids after _____. It is okay to brush your teeth before you arrive – **make sure you don’t swallow any fluid.**

Following these instructions carefully will insure that you will be properly prepared for the exam and the physician will be able to visualize your colon without difficulty.

Our office is open Monday-Thursday 8am-6pm and Friday 8am-5pm. You may contact us during these hours@ 406-587-4242 for any questions or concerns you may have regarding the preparation or procedure- please ask to speak to a scope RN. If it is after business hours or the weekend and you have urgent questions, you may contact the hospital@ 406-414-5000 and ask for the Bozeman Clinic on-call doctor to be paged.

If you need to cancel or reschedule your appointment, please call our office @ 406-587-4242 as soon as possible so that we may facilitate filling your appointment time. We appreciate your understanding.