

Digestive Disease Clinic

Flexible Sigmoidoscopy Bowel Prep

Purchase Over the Counter at the Pharmacy:

- Fleet enema
- 10 Ounce Bottle Magnesium Citrate **OR** 4 Dulcolax tablets

***Hold GLP-1 agonist medications for 1 dose prior to procedure (Ozempic, Wegovy, Zepbound, semaglutide, etc.)

***Discontinue iron, herbal supplements and vitamins for 7 days prior to your procedure.

***If you are currently taking blood thinners, the nurse will be contacting you with further instructions from your managing physician.

*** DO NOT eat any nuts or seeds, and/or raw fruits or vegetables 7 days prior to your procedure.

***DO NOT take any diabetic medication the morning of your procedure

***Do NOT drink any red or purple liquids the day before AND the day of your procedure

One Week Prior to the Procedure:

Please inform your physician if you are taking any blood thinning medications such as Coumadin, Plavix, Eliquis, Xarelto, Pradaxa, etc. You will receive additional instructions if applicable. **DO NOT STOP TAKING ASPIRIN.**

Day Prior to Procedure:

You must maintain a clear liquid diet for the whole day before your procedure. (Water, tea, Gatorade, black coffee, soda, clear juice, Jell-o, clear broth or popsicles). **No red or purple liquids and no dairy products.**

1. At 6pm take a 10 ounce bottle of Magnesium Citrate or take 4 Dulcolax tablets
2. Continue clear liquids the remainder of the evening.

Day of the Flexible Sigmoidoscopy

1. You can have clear liquids until 5 hours before your procedure.
2. Two hours prior to the procedure use a Fleet enema. If after the enema, the liquid return is not clear refill the enema bottle with warm water and repeat the enema.
3. Please continue all blood pressure, heart and seizure medications.
4. You may or may not be sedated for this procedure. If you are being sedated then you will need someone to drive you home from your procedure. Please make sure your driver remains on the premise for your procedure.
5. Nothing to drink 3 hours before your procedure.