

Keep these instructions to follow the day prior to your procedure.

OUTPATIENT FLEXIBLE SIGMOIDOSCOPY PREP
INSTRUCTIONS

You are scheduled for a Flexible Sigmoidoscopy, which is a test to look at the lower part of your colon. In order to clean out this part of your colon so we may obtain an adequate exam, please adhere to the following instructions.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON:

DATE OF Flexible Sigmoidoscopy: _____

ARRIVE AT: _____AM/PM

BRING PICTURE ID AND INSURANCE CARD(S)

Your procedure will be performed at the following location:

- ☐ CHI/St. Vincent Outpatient Center, 300 Werner Street, Hot Springs, AR 71913. Telephone number is 501-622-1000. Entrance to Outpatient Center is off Higdon Ferry Road.

Please note: You will need someone to drive you home after your procedure, as you will be sedated for it. ** *You will not be able to leave via SCAT bus or Taxi if your procedure is done at CHI/St. Vincent outpatient please make sure you have transportation.

SEVEN (7) days prior to your procedure:

- **STOP** GLP-1 OR Semaglutide ex: Ozempic, Wegovy, Trulicity, Bydureon Bcise, & Mounjaro. Any questions contact our office to speak with a nurse.

FIVE (5) days prior to your procedure:

- **STOP** taking blood thinning medications or anti-inflammatory medications including the following: Coumadin/Warfarin, Plavix, Aspirin, Pradaxa, Eliquis, Xarelto, Prasugrel, Brilinta, Cilostazol, Aggrenox, any arthritis medication like Mobic, Aleve, Naproxen, Celebrex, Naprosyn, Meloxicam, Voltaren, Advil and Ibuprofen. If these are not stopped, your test may be rescheduled.
- **STOP** taking oral iron and vitamins containing iron. Also stop taking all FISH OIL and Omega 3 fatty acids as these will thin the blood.
- **STOP** taking fiber supplements and AVOID foods with any seeds!!!**
These include, but not limited to:
**flaxseeds, any seeds, popcorn, nuts of any kind, OTC Metamucil, Konsyl, Citrucel, and Benefiber.

 **If these are not stopped, your test may be rescheduled**

Any form of TYLENOL or Acetaminophen is safe to continue taking until your test.

Instructions for FLEX SIG: There is no prep for this test for you to do at home. YOU will be given several enemas upon your arrival to the outpatient department at the hospital.

YOUR PROCEDURE DAY IS ON: _____

Arrive at the specified location with any paperwork filled out completely (if applicable).

Please note:

- If you are scheduled at CHI/St Vincent outpatient you will need to be sure that you have your paperwork filled out and dropped off at Arkansas Gastroenterology Clinic WITH PICTURE ID AND INSURANCE CARD(S) at least 5 days prior to test date. We need to have this paperwork back so we can send all your information over to the hospital for your procedure.
- If you take any heart medication or blood pressure medications, please take it early on the morning of your procedure with a sip of water.
- If you are diabetic, DO NOT take your diabetic medication (insulin or oral type) the morning of your test. You can take your medication with you to take after your test.
- Please advise the nursing staff that you are diabetic.
- If you have any breathing issues (COPD, CHF, ASTHMA) and have a rescue inhaler, please bring that with you to your procedure.