INSTRUCTIONS FOR SIGMOIDOSCOPY
You are scheduled to have a sigmoidoscopy on _______ at _______.

(date) (time)

What is a sigmoidoscopy?
A sigmoidoscopy is an examination of your rectum and the first part of your sigmoid colon (lower intestine) with a flexible tube.

How do I prepare for the procedure?
- If you did not discuss instructions with your Primary Care Provider regarding Coumadin (Warfarin), Dabigatran (Pradaxa), Aspirin 325mg, Ticlid (Ticlopidine), Plavix (Clopidogrel) or Enoxaparin (Lovenox) please contact your Primary Care Provider for additional instructions.
- If you take Iron (Ferrous Sulfate) stop this 7 days prior to the procedure.
- Starting 3 days before the procedure:
  - Do not take Motrin, Advil, Ibuprofen, Aleve or Naproxen.
  - Stop eating foods which contain seeds or nuts, including popcorn, tomatoes, berries, poppy seeds, sesame seeds, and multigrain breads. No raw vegetables.

The day before the procedure:
- Drink clear liquids to avoid dehydration throughout the day.
- Clear liquids include: water, soda, tea, black coffee, clear broth, bouillon, apple juice, white grape juice, jello, lemonade, and gatorade.
- No solid food, red-colored liquids, dairy, tomato juice, orange juice, or protein shakes.
- IF you are on Insulin, check your blood sugar at least 4 times during the day.
  - Take ½ your usual evening dose on the night prior to the procedure.
- At 5 PM: Drink 10 oz. Magnesium citrate (VA pharmacy will mail it to you or you can purchase it over the counter). Then drink six glasses of water.
- Do NOT eat or drink anything after midnight.

The day of the procedure:
- If you are diabetic, check your blood sugar before leaving home.
- IF you take insulin, hold your insulin until after the procedure.
- IF you take diabetic pills, hold them until after the procedure.
- Take one “Fleet” enema two hours before the time your test is scheduled (VA Pharmacy will mail it to you or you can purchase it over the counter).
- Take your medications (except as above) with sips of water.
- Report to Bldg. 62, 4th Floor, GI Endoscopy.

What happens during the procedure?
- Your doctor will put air into the colon and this may feel like “gas pain”. Your doctor may take a biopsy or remove a polyp. This does not cause any pain or discomfort.

What happens after the procedure?
- You will be able to go home, return to usual activities and eat your normal diet.

What if I have a problem after the procedure?
- If you have bad stomach pain, fever or bleeding: Call between 8:00 AM to 4:00 PM the GI Endoscopy Unit at (925) 373-4700 x35325. From 4:00 PM to 8:00AM, call (925) 373-4700 and ask the VA operator to page the GI doctor on call. If you are unable to connect with the GI doctor please call the Telephone Care Program at 1-800-455-0057 for further assistance.

If you need to cancel or reschedule your appointment, please call (925) 373-4700 x35015.

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