

## 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 examination: Do not take **Motrin, Advil, Ibuprofen, Aleve or Naproxen**.
- Diet: **3 days before** your exam, 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 only clear liquids throughout the day: water, soda, tea, black coffee, clear broth, bouillon, apple juice, white grape juice, Jell-o, lemonade, and Gatorade.
- No solid food, red-colored liquids, jelly, dairy, tomato juice, orange juice, or protein shakes.
- Drink clear fluids to avoid dehydration throughout the day.
- 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 taking insulin, hold your insulin on the day of the procedure until after the procedure. Check your blood sugar before leaving home.
- IF you are taking diabetic pills, hold them until after the procedure. Check your blood sugar before leaving home.
- 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 medication (except as above) with sips of water.
- Report to Bldg. 100, 1<sup>st</sup> Floor, Clinic Area B, 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 8:00AM to 4:00PM the GI Endoscopy Unit at (650) 493-5000 x64800. From 4:00PM to 8:00AM, call (650) 493-5000 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 (650) 493-5000 x64800.