# Sigmoidoscopy Prep Instruction

## STEP 1 — 5-7 DAYS BEFORE PROCEDURE

- Arrange for a driver on the day of your procedures ONLY IF YOU ARE GOING TO BE SEDATED FOR THE PROCEDURE. Otherwise, you may drive yourself to and from the procedure.
- Aspirin can be continued as usual.
- **BLOOD THINNERS:** If you take medications used to thin your blood. Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran) and Aggrenox. **Please check with the doctor who prescribes this medication for instructions on holding it prior to your procedure.

## STEP 2 — 3 DAYS BEFORE PROCEDURE

- At PHARMACY - No prescription needed. Purchase the following:
  - **Two (2) Fleet Enemas**
- If you received paperwork and/or a portal invite from the office (myohiogi.com), please complete prior to your procedure.

## STEP 3 — 1 DAYS BEFORE PROCEDURE

- You may have your normal diet.
- What to bring with you:
  - Photo ID
  - Insurance Card(s)
  - Current List of Medications

## STEP 4 — DAY OF PROCEDURE (AFTER MIDNIGHT)

**You may have clear liquids until 2 hours before your procedure.**

- CLEAR LIQUIDS: Must be something you can see through. No red or purple. Examples: Gatorade or Powerade, clear bloth or bouillon, coffee, tea (no added milk or creamer), strained fruit juices without pulp, Jell-O, popsicles, Kool-Aid or Crystal Light.
- If you are planing to have sedation - you must stop clear liquids 3 hours before your procedure. (Nothing by mouth 3 hours before your procedure including; gum, tobacco products, mints, and hard candy.)
- **DIABETICS:** If you are insulin dependent, do not take your morning dose of insulin.
  - You must check your blood sugar before leaving home. If your level is 300 or above, please take your regular insulin according to your sliding scale.
  - Please bring your insulin with you to the procedure center.
  - All patients may take morning medication with sips of water.
  - At _____: 2 hours prior to your procedure time: Take two (2) Fleet laxative enemas Follow instructions on package.
  - REMEMBER: If you are going to be sedated: Drinking liquids within 3 hours of your procedure, can cause us to cancel your procedure. Also, no gum, hard candy, mints and tobacco products within these three (3) hours.

**If you have any preparation issues or questions, please contact:**

**The Gastroenterology Group (330) 869-0954 or tggakron.com**

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