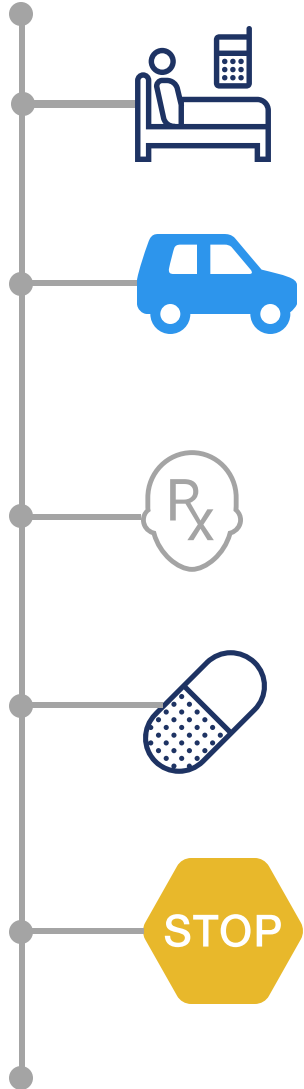


Northwest Gastroenterology Clinic

Flexible Sigmoidoscopy Preparation Instructions

One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- If you are receiving sedation, a responsible adult must accompany you to check-in, remain onsite, and be present for discharge. You may use a rideshare, taxi, or public transit, but your escort must ride with you, as hired drivers do not meet safety requirements.
- You are allowed to drive yourself if you do not receive sedation.
- Purchase two Fleet saline enemas from your pharmacy. You do not need a prescription.
- Purchase simethicone gas relief (Gas-X) over-the-counter, you will need a total of 4 tablets/ capsules.
- If you take **blood-thinner or anti-platelet medications**, (ie. Plavix, Coumadin, Pradaxa) or any **diabetic or weight loss medications** (ie. Ozempic, Trulicity) please reference [Medication Instructions](#).
- Continue taking all other medications, unless instructed by your physician or our nursing staff.
- Stop taking: Iron pills or vitamins with iron (this is to decrease constipation)
- Stop taking: oil-based vitamins/supplements (A, D, E, K or fish oil) for a full 7 days before your procedure.
- Stop eating: Whole seeds, nuts, tomatoes, berries, and any bread with seeds or nuts. You may continue to have creamy nut butters and tomato sauces.
- Stop using: any illicit drugs



**SIGN UP FOR
MYCHART**

We use MyChart as our primary communication tool.

Sign up today to make sure you get all of your important communications from our office.

Use MyChart to complete all of your paperwork for your virtual visit and pay your co-pay through E-check-in.

Confirm your appointments through MyChart so your appointment does not get cancelled.

Message the office using MyChart with non-urgent questions to save your time on the phone.

Receive your after visit summary with your treatment plan via MyChart.

Flexible Sigmoidoscopy Preparation Instructions

1 Day Before Your Procedure

- If you take medications for diabetes, please reference [Medication Instructions](#).
- You will not take a dose the day of your procedure.

Day of Your Procedure

- **Take blood pressure, heart, or seizure medications the morning of your procedure. Be sure you take these at least four hours before your arrival time.**
- Hold all other medications.
- If you are planning on receiving sedation, do not have anything to eat eight(8) hours prior to your procedure.
- 6 hours before your procedure, take 2 simethicone gas relief (Gas-X) capsules/ tablets.
- Stop all liquids 4 hours prior to your arrival time.
- One hour before your arrival, administer the Fleet enemas. Allow the first one to take effect prior to administering the second.
- **DO NOT HAVE ANYTHING TO EAT OR DRINK FOUR HOURS PRIOR TO ARRIVING. NO CHEWING GUM.**
- DO NOT SMOKE 24 HOURS BEFORE YOUR PROCEDURE.
- DO NOT USE CHEWING TOBACCO OR NICOTINE POUCHES 6 HOURS BEFORE YOUR PROCEDURE
- If you are receiving sedation, your driver must be present with you at check-in on the day of your procedure and remain onsite. **If you are taking public transportation, a taxi, or a rideshare service, you must have a responsible adult escort present with you at check-in, remain onsite, and be with you at discharge.**
- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.

