



# Provis Rudd Clinics

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## **PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY**

**Date&Time:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_

**You will require 2 Fleet Enemas which you can purchase over the counter at your local pharmacy**

- If you require sedation, you must arrange for someone to accompany you to and from the clinic as you will not be able to drive for 24 hours. The person picking you up must meet you in the recovery area of the clinic.
- Bring juice, Gatorade or Powerade for after your procedure to restore energy.
- Wear loose fitted clothing to your appointment and do not bring any valuables.
- If you require a translator they must be present with you for your appointment.
- No cannabis use 48 hours prior to procedure.

**4 days before your appointment:** Stop eating all seeds, nuts and grains including multigrain breads, flax seeds, fruits/vegetables with seeds (ie: tomatoes, cucumbers, watermelon, all types of berries)

**Day before your appointment:**

- Have a light lunch
- From 2pm you must remain on clear fluid no food up until your procedure is complete. Clear fluid such as water, apple juice, clear or white Gatorade, 7-up, Sprite, ginger ale, white grape juice, white cranberry juice. No milk or dark fluids

**Day of your appointment:**

- 2 hours before you leave home you will use the 2 fleet enemas. Insert the first enema into the rectum and squeeze the full amount in, ensure you hold it in for 5-10 minutes before going to the washroom. Use the second enema in the same way.
- Laying down on your left side with your knees to your chest is the best way to administer the enemas.

**You must stop drinking all fluids including water 2 hours before your appointment**

**Medication Restrictions (please confirm with your family doctor):**

Stop Aleve, Motrin and Advil 1 day prior to procedure (you can continue using Celebrex and Vioxx)

Stop Xarelto, Pradaxa, Eliquis 2 days prior to procedure

Stop Coumadin and Warfarin 5 days prior to procedure

Stop Plavix, Brilinta, Ticlid, iron supplements, and Ozempic 7 days prior to procedure

Stop oral diabetic medications (pills) the evening before and the morning of the procedure. If you are on Insulin please discuss with your doctor about cutting the morning dose in half.

Medications for blood pressure, thyroid, cholesterol can be taken morning of appointment with a sip of water.

You can take Tylenol or prescribed medication for pain control.