

GENERAL INSTRUCTIONS

1. **Bring an adult driver.** Your driver must be 18 years of age or over and they must stay in the Endoscopy Center. You will be given a sedative for your test, and you are not to drive until the next day. Therefore, one person must stay and drive you home. Your procedure will be rescheduled if your driver cannot stay in the Center.
2. **If you need to reschedule** your procedure, please call your physician's office at least 3-4 days in advance so that we may schedule another patient in your appointment time.
3. **NOTIFY US IN ADVANCE:**
 - If you are taking a **blood thinner** prescribed by a physician (such as Coumadin, Plavix, Effient, Eliquis or Ticlid). Your gastroenterologist will need to determine if these medication dosages require adjustment prior to the procedure. Failure to properly adjust these medications may result in cancellation of your procedure. You may continue to take Aspirin as usual.
 - If you are having **chest pain or undergoing cardiac testing**. (IMPORTANT: Please notify us before you begin to prep for your procedure.)
 - If you have ever had **excessive bleeding after an operation or problems with anesthesia**.
 - If there is a possibility you are **pregnant**.
4. **DO NOT:**
 - Take **iron, diet pills** (Phentermine, Adipex or Qsymia) or **herbal medications** for seven (7) days prior to having your procedure. You may take vitamins.
 - Drink **alcohol** for 24 hours before or after your procedure.
 - Use items such as **gum, hard candy, breath mints, smokeless tobacco, or illicit drugs** such as marijuana on the day of your procedure.
5. If you have **dentures**, you may be required to remove them for the procedure.
6. **Leave your valuables at home.** If you have **body piercings**, you will be asked to remove them prior to the procedure for your safety.
7. If you are a **diabetic**, do not take your diabetic medication the day of your procedure. Bring your medication with you so you can take it after your procedure.
8. If you have **asthma**, please bring your inhaler with you.
9. Take your usual **prescribed medications** with no more than two (2) tablespoons / one (1) ounce of water up to three (3) hours prior to your appointment time.

GLP-1 DRUGS * Hold as Instructed Prior to Procedure *****

The following weight loss / diabetic drugs should be held as instructed prior to procedure:

Liraglutide: Victoza (weekly) and Saxenda (daily)

Dulaglutide: Trulicity (weekly)

Exenatide: Bydureon (weekly) and Byetta (daily)

Semaglutide: Ozempic (weekly), Wegovy (weekly) and Rybelsus (daily)

Tirzepatide: Mounjaro (weekly) and Zepbound (weekly)

Lixisenatide: Adlyxin (daily)

The medication will need to be **stopped seven (7) days prior** to your procedure if you are on a weekly dose or **the day of** your procedure if you are on a daily dose.

For any questions or to reschedule your appointment, please call our office at 901-747-3630. We apologize for any inconvenience this may cause.

Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.

Flexible Sigmoidoscopy Prep

****Unless otherwise instructed by your physician**

1 DAY BEFORE YOUR PROCEDURE

You may eat a regular breakfast, lunch, and dinner (if eaten before 6:00 pm).

At 7:00 pm, drink one (1) bottle of Magnesium Citrate.
(you do not need a prescription for this)

Clear liquids only from 6:00 pm until midnight **if your appointment is in the morning**.
For afternoon appointments, you may have clear liquids until three (3) hours prior to your arrival time on the day of your procedure.

Do not eat or drink anything after this time.

Clear liquids include:

- Black Coffee
- Broth
- Iced or hot tea
- Gatorade
- Colas
- Crystal Light
- Popsicles
- Apple Juice
- Bouillon
- White Grape Juice

Do not drink any red or purple liquids.



THE DAY OF YOUR PROCEDURE

Use one (1) Fleet enema two (2) hours before your appointment.
(You do not need a prescription for this.) Follow instructions on Fleet enema package.

****If sedation is required, you MUST bring a driver.**

DIABETIC PREP

Medications:

- If you take oral medications for your diabetes, do NOT take your diabetes pills on the day prior to your procedure (prep day) or on the day of your procedure (until your procedure is complete and you resume a normal diet).
- If you take non-insulin injectable medications (Byetta, Bydureon, Victoza, Trulicity, Tanzeum, Symlin), do not take the medication if your injection day is the day prior to your procedure (prep day). You can resume it after the procedure is complete.
- If you take insulin, reduce your dose by 50% (half) of your normal dose on the day prior to your procedure and the day of your procedure. You can resume your normal dose after the procedure when you resume a normal diet.
- If you use an insulin pump, contact your diabetes doctor for instruction. Generally, most patients will need to reduce their basal rate to 80% of the normal rate.

Diet:

- You should aim for 45-60 grams of carbs with each meal. Although you may ordinarily avoid sugars, they are ok to take when you are prepping for your colonoscopy as these will be the main source of calories when you are on a clear liquid diet.
- For snacks, try to include other fluids that contain electrolytes such as broth.
- Examples of clear liquids with carb amounts are listed below. Note, if you experience low blood sugar (<60) during the 2 hours before your procedure, you can take 3 teaspoons of soda or clear juice to raise your sugar. Do NOT take solid foods or non-clear liquids, as your procedure will be cancelled.

FLUID	AMOUNT	CARBS
Juice	½ cup	15 g
Jello	½ cup	15 g
Soda	1 can	40 g
Popsicle	1 double stick	15 g
Gatorade/Powerade	½ cup	15 g
Broth (veg/chicken/beef)	any	0 g
Clear protein drinks	any	0 g