



## Flexible Sigmoidoscopy BOWEL PREP INSTRUCTIONS

Procedure	
Date:	__/__/__
Time:	<input type="checkbox"/> am <input type="checkbox"/> pm

ENDOSCOPY LOCATIONS
<b>Morgan Medical Center</b> 1740 Lions Club Road Madison, GA 30650

**IMPORTANT** If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.

### REMEMBER

The **day of your procedure** we ask that you remain “**NPO**” nothing by mouth so that your procedure can be performed safely. It is ok take your morning medications with a sip of water.

Those patients taking weight loss medications containing **Phentermine® and/or GLPs** will need to be off for 7 days prior to your procedure.

Those patients taking **blood thinners** such as ASA®, Plavix®, Eliquis®, Pradaxa®, Xarelto®, Coumadin®, Effient®, Brilinta®, Pletal®, Lovenox®, etc will often need to be **stopped 3-5 days prior** to your procedure. **Details will need to be discussed prior to being scheduled.**

Those patients taking **Diabetic medications** consisting of Insulin will need to adjust the dose the day before and day of your procedure. Oral medications such as Merformin®, Janumet® and Glucophage® **should NOT be taken the morning of** your procedure. **Details will need to be discussed prior to being scheduled.**

**Blood pressure** medications and other **routine medications** not listed above should be **taken as scheduled** the day before and day of your procedure (with a sip of water).

Those patient with **AICDs** (automatic implantable, cardioverter-defibrillator) **will need to be discussed prior to being scheduled.**



**ARRANGE** for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.

# Flexible Sigmoidoscopy BOWEL PREP INSTRUCTIONS cont.

## YOU WILL NEED TO PURCHASE



Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener). (no prescription is needed)



Two (2) Fleet Enemas (no prescription is needed)

## THE DAY BEFORE THE PROCEDURE

You may consume a **“light breakfast”** consisting of juice with no pulp; coffee with no cream; eggs without cheese; white bread; Boost® or Ensure®; (NO meat and NO vegetables).

At 10:00 am, begin a “clear liquid” diet. Drink at least 8 ounces of clear liquids every hour after breakfast to prevent de-hydration.

**The lists below show what you can and cannot drink.**

### Clear Liquids (NO RED DYES)

Gatorade®, Pedialyte® or Powerade®  
Clear broth or bouillon  
Coffee or tea (no milk or non-dairy creamer)  
Carbonated and non-carbonated soft drinks  
Kool-Aid® or other fruit-flavored drinks  
Strained fruit juices (no pulp)  
Jell-O®, Popsicles®, hard candy  
Water

### Do NOT Drink

Alcohol  
Milk or non-dairy creamer  
Noodles or vegetables in soup  
Juice with pulp  
Liquid you cannot see through

## At 6:00 PM Prepare the Bowel Prep Medication.

### PART 1 at 6:00 PM



#### Two Pills

Ingest two of the Dulcolax/Bisacodyl tablets

You may remain on a clear liquid diet.



# Flexible Sigmoidoscopy BOWEL PREP INSTRUCTIONS cont.

## At 8:00 PM Start the Bowel Prep Medications.

### PART 2 at 8:00 PM



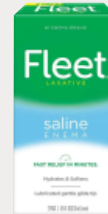
#### Two Pills

Ingest two of the Dulcolax/Bisacodyl tablets



#### Enema

Insert one of the fleet enemas into your rectum and administer the solution. Try to wait 10 minutes before expelling the solution.



#### Enema

Wait 30 minutes and insert the other enema. Try to wait 10 minutes before expelling the solution.



After finishing your prep you may remain on clear liquids up to 4 hours before your procedure.



Those patient with diabetes or gastroparesis need to stop clear liquids 6 hours before your procedure.

The morning of the procedure you may take you scheduled medications up to 2 hours before your procedure with a sip of water.

## What to Expect After Your Colonoscopy Procedure

You will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications.

Thank you for choosing GastroCare!



**GastroCare**  
Physicians of Georgia

Phone 404-282-5600 Fax 404-282-5599 [gastrocarega.com](http://gastrocarega.com)