

SIGMOIDOSCOPY PREP INSTRUCTIONS

**Absolutely NO Chewing Tobacco or Dip Products After Midnight!!!
*NO SOLID FOOD AFTER MIDNIGHT***

Time involved: Approximately 2 to 3 hours from walk in to walk out.

Sedation: You will be sedated with an IV conscious sedation or propofol for this procedure which is used to relax you and make you feel sleepy. As a result, time will appear to pass very quickly and you will not recall much or, perhaps, even anything at all of what has happened. **Therefore, you must bring someone with you to drive you home that is willing to accept the responsibility for your care. If you are taking Contrave, Suboxone, Naltrexone, Naloxone and/or Narcan, please notify our office to make sure your procedure is scheduled with Propofol.**

- Purchase two enemas (over the counter) take the first one two hours before your arrival time, and repeat ½ hour later
- You will be receiving sedations, please bring someone with you to drive you home

TEN DAYS BEFORE: Do not consume anything containing **OLESTRA**, a "fake fat" that is sometimes found in no fat foods.

SEVEN DAYS BEFORE: Stop taking **Plavix (Clopidogrel), Brilinta or Effient**. We **REQUIRE** that you seek permission from your prescribing physician before stopping. If you wish to discuss this issue further, please call or make an appointment to see your physician at Colorectal Surgical & Gastroenterology.

FIVE DAYS BEFORE: Stop taking **Pradaxa**. We recommend that you seek permission from your prescribing physician before stopping. If you wish to discuss this issue further, please call or make an appointment to see your physician at Colorectal Surgical & Gastroenterology.

THREE DAYS BEFORE: Stop taking **Ticlid, Coumadin, Warfarin, Xarelto, Eliquis or Aggrenox**. We recommend that you seek permission from your prescribing physician before stopping. If you wish to discuss this issue further, please call or make an appointment to see your physician at Colorectal Surgical & Gastroenterology.

****PLEASE CONTINUE TO TAKE YOUR ASPIRIN DAILY****

****IF YOU USE A NEBULIZER OR INHALER, PLEASE REMEMBER TO BRING IT WITH YOU TO YOUR PROCEDURE****

Nothing after midnight to eat or drink. Please bring a list of all of your medications with dosage and frequency information.

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