

Arun Srivatsa, MD Annamalai Veerappan, MD Zaid Imam, MD

2557 Mowry Avenue, Suite 10 Fremont, CA 94538

Phone: 510-248-1843

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Your Sigmoidoscopy has been scheduled with Dr									
On		,		,	а	t	am/pm		
_		Day	Month		Date	Arrival Time			
4t:									
		Washington Hospital Admitting Department		□ Washington Outpatient Surgery Center					
				First Floor					
		2000 Mowry Avenue		2299 Mowry Avenue					
		Fremont, CA		Fremont, CA					
		510-797-1111		510)-791-5374				

If you need to cancel or reschedule your procedure please call our office 3 days prior to the procedure at 510-248-1843.

Recommended List for Prep:

• 2 – FLEET ENEMAS (available over the counter)

Recommended List for Clear Liquid Diet:

 Water 	Bouillon (clear broth)	Jell-O gelatin (not pudding)
 Popsicles 	Carbonated Soda	Ginger Ale
 Black Tea 	Black Coffee	Gatorade
 Crystal Light 	Coconut Juice	Sugar and Sugar Substitutes
 Honey 	Syrup	Clear Hard Candy
al = '	/ 1	7 1

Clear Fruit Juices (white grape, apple, lemonade)

Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, and blue colored liquids.

Recommended List for Comfort:

- **Desitin, A&D Ointment, Vaseline** (apply to anal area to relieve discomfort)
- Baby Wipes (use instead of toilet paper to reduce irritation)

IMPORTANT: There are Medications which MUST be Stopped Prior to your Sigmoidoscopy.

- Refer to the "Medication Instructions" on last two pages.
- Always discuss medication concerns with your doctor.

THREE DAYS PRIOR TO THE SIGMOIDOSCOPY: DO NOT EAT:

Legumes Peas Carrots

Corn Tomatoes Watermelon

Nuts

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE PLEASE CALL OUR OFFICE TODAY AT 510-248-1843.

DAY BEFORE THE SIGMOIDOSCOPY:

- DIET:
 - o Light Breakfast and Lunch
 - Dinner Clear Liquids Only (as described on the first page of these instructions)
 - o Any combination of liquids is allowed
 - Be creative for "meals"
 Stay hydrated! Drink enough fluids to avoid dehydration while undergoing the sigmoidoscopy prep
- SIGMOIDOSCOPY PREP:
 - o At 5:00pm:
 - Take 1 Fleet Enema (use as directed on package)
 - Within a few hours you can expect frequent bowel movements and diarrhea
 - Until Bed Time: IMPORTANT: Continue your Clear Liquid diet to prevent dehydration and ensure good urine output

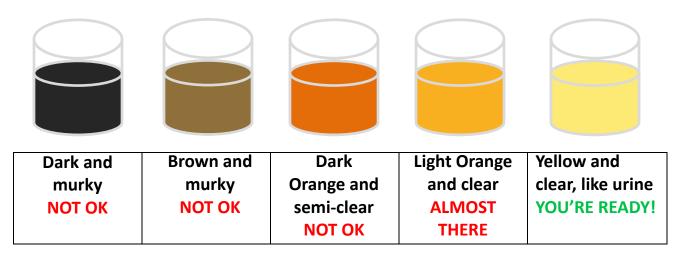
DAY OF THE SIGMOIDOSCOPY:

- 1 Fleet Enema 2- 3 HOURS PRIOR to your Sigmoidoscopy scheduled time (use as directed on package)
- IF THERE IS ANY STOOL OR DISCOLORATION STILL REMAINING:
 - Fill the enema bottles with tap water and repeat until the fluid you are passing out clear
- Take any oral medications approved by your physician

THIS COMPLETES YOUR BOWEL PREP

WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:

- More diarrhea
- Passing of clear, colored liquid
- IF your stool is brown and murky, please inform the nurse upon admission
 - Poor bowel preparation may result in having to reschedule your procedure and a more extensive prep



AFTER THE PROCEDURE:

- You may resume your normal diet
- Continue drinking enough liquids until bedtime to prevent dehydration and ensure good urine output
- You MUST have a responsible driver pick you up and a responsible caregiver at home with you for 4 hours after discharge.

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT (510) 248-1843

MEDICATION INSTRUCTIONS

Please discuss with your health care provider or cardiologist specific instructions prior to discontinuing any medications.

ANTI-PLATELET – Discontinue	5 Days Prior SIGMOIDO	SCOPY, unless otherwise
specified by your physician Clopidogrel (Plavix) Prasugrel (Effient) Ticlodipine (Ticlid)	☐ Ticagrelor (Brilinta)☐ Eptifibatide (Integrilin)	
ANTI-COAGULANT — Discontin Warfarin (Coumadin)	ue 4 Days Prior to SIGN	IOIDOSCOPY
ANTI-COAGULANT – Discontin	ue 2 Days Prior to SIGN	IOIDOSCOPY
□ Rivaroxaban (Xarelto)	□ Dabigatran (Pradaxa)	□ Apixaban (Eliquis)
ANTI-COAGULANT – Discontin	ue 1 Day Prior to SIGM(OIDOSCOPY
□ Heparin	□ Enoxaparin (Lovenox)	
ANTI-COAGULANT — Ask the P	Prescribing Doctor Wher	n to Discontinue
OTHER MEDICATIONS — Discor	ntinue 5 Days Prior to SI Iron Supplements Metamucil Turmeric (Curcumin)	GMOIDOSCOPY Uitamin E Gingko
FOR 5 DAYS PRIOR TO SIGMOI	•	
FOR 3 DAYS PRIOR TO SIGMOI	DOSCOPY – Stop JARDIA	ANCE
DIABETES MEDICATIONS – Dis	cuss with your Endocrin	nologist, however normally:
Medication and/o	or Insulin	he normal dose of Diabetes se your diabetes medication

Please review the guidelines from American Society of Anesthesiologists regarding preoperative holding of glucagon-like peptide receptor agonists:

Dulaglutide (Trulicity)

Exenatide (Byetta)

Exenatide extended-release (Bydureon)

Liraglutide (Victoza)

Lixisenatide (Adlyxin)

Semaglutide injection (Ozempic)

Semaglutide tablets (Rybelsus)

Tirzepatide (Mounjaro)

Wegovy (Semaglutide)

Zepbound(Tirzepatide)

If they are given by WEEKLY INJECTION, these medications SHOULD BE HELD 1 WEEK BEFORE procedure.

If they are given ORALLY on a DAILY basis, they SHOULD BE HELD on the DAY BEFORE procedure.