

Flexible Sigmoidoscopy Prep Instructions

Put these instructions somewhere you can see them. Follow every step to get ready for your procedure. For more information, visit ohiogastro.com/flexible-sigmoidoscopy-preparation/. Questions? Call (614) 754-5500 or visit ohiogastro.com.

Special Instructions

- If you take a **GLP-1 medicine** (like Ozempic, Wegovy, Mounjaro, or similar), do NOT take it for 7 days before your procedure. Call us if you took any during this time.
- If you have a **heart defibrillator**, call us right away. Your procedure must be scheduled in a hospital.
- If you have **diabetes**, call your primary care doctor to ask if you need to adjust your diabetes medicine before and on the day of your procedure. Check your blood sugar often during this time.
- If you take **blood thinner medicine**, keep taking it unless your doctor tells you to stop or change your dose. Small polyps can usually be removed, and biopsies (removing small pieces of tissue to test) can usually be done safely while you are taking blood thinners. If a large polyp is found when you are taking blood thinners, you may need to have the procedure done again when you are no longer taking blood thinners, as directed by your doctor.

7 Days Before Your Procedure

- ☐ Buy these items (you do not need a prescription):
 - 10 fl oz bottle of Magnesium Citrate (also known as Citrate of Magnesium)
 - *If you cannot find Magnesium Citrate, purchase:
 - 119 g (packaged as 7 once daily doses) of MiraLAX or a generic brand like "gentle-lax"
 - 32 fl oz of a non-red sports drink with electrolytes
 - Laxative tablets (Bisacodyl) - at least 2 tablets
 - 1 Fleet enema (4.5 fl oz)
- ☐ Arrange for a responsible adult to take you to and from your procedure, sign you out, and care for you afterward. **This is required. If we cannot confirm your responsible adult when you arrive, we will not provide sedation and may reschedule your procedure. For your safety, taxi, Uber, or public transportation may only be used if your responsible adult is with you.**
- ☐ Plan to be at the facility for at least 2 hours.

Flip to continue. →



Get more info at
ohiogastro.com/flexible-sigmoidoscopy-preparation/

Prep Instructions Continued

Day Before Your Procedure

- ☐ Tip: Put the Magnesium Citrate in the fridge to chill. It may make it easier to drink.
- ☐ **Before 8 a.m.** - Eat a light breakfast. Choose one of the following:
 - 1 boiled or poached egg with white toast (no butter)
 - A small portion of skinless chicken, turkey, or fish with white toast (no butter)
 - 1 container (8 fl oz) of Ensure (DO NOT have Ensure Plus).**DO NOT eat vegetables, fruits, nuts, milk, cheese, beef, pork, lamb, or whole grain cereals.**
- ☐ **8:30 a.m. - Start a clear liquid diet.** Have only clear liquids the rest of the day (like water, chicken broth, apple juice, popsicles, Jell-O, coffee, or soda). DO NOT have alcohol, creamers, or anything red. DO NOT eat any solid food.
- ☐ Drink at least 8 fl oz of clear liquid every hour before drinking the Magnesium Citrate or MiraLAX. Stay hydrated!
- ☐ **1 p.m.** - Drink the bottle of Magnesium Citrate (10 fl oz) and then drink 8 fl oz of water. OR if using MiraLAX instead, mix the 119 g of MiraLAX with 32 fl oz of a sports drink with electrolytes and then drink all of it.
- ☐ **7 p.m.** - Take 2 laxative (Bisacodyl) tablets.
- ☐ Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.

Day of Your Procedure

- ☐ For your safety, we recommend you do not smoke or vape, use marijuana or illicit drugs, or chew tobacco.
- ☐ Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.
- ☐ Patients meeting our policy requirements must take a urine pregnancy test before procedures.
- ☐ **4 hours before arrival time** - Take your regular medicines with small sips of water.
- ☐ **4 hours before arrival time - STOP drinking water and clear liquids. DO NOT have anything by mouth before your arrival time. DO NOT eat, drink, chew gum, suck on hard candy, or use lozenges. If you do, your procedure will be delayed or canceled.**
- ☐ **2 hours before leaving for the procedure** - If you use the restroom in the morning and still have solid brown stool, use the fleet enema following the package instructions.
- ☐ **1 hour before procedure time** - Arrive at the front desk where you will have your procedure so we can get you ready. Bring your insurance card, a photo ID, and a list of your medicines. Leave valuables at home (like cash, watch, and jewelry). Do not wear contact lenses.

