

Flex-Sigmoidoscopy Instructions



GASTROINTESTINAL & LIVER
CONSULTANTS

Appointment Details

Procedure Date: _____ Check-in Time: _____ Procedure Time: _____

Procedure Location: **Orange County Digestive Center**
1400 Reynolds Ave #125
Irvine, CA 92614
P. 949-771-9910

Orange County Global Medical Center
1001 N Tustin Ave
Santa Ana, CA 92705
P. 714-953-3500

IMPORTANT

- Follow these instructions carefully! If your bowel is not clean when you arrive for the procedure, your procedure may be canceled.
- On the day of the procedure, you will not be able to drive. Plan to have a family member or friend drop you off and pick you up. If you do not have a ride planned, your procedure may be canceled.
- The day before the procedure, you must be on a clear liquid diet all day (from the time you wake up until midnight) - drink as much as possible! **NO SOLID FOOD.**

Medications

7 DAYS PRIOR TO PROCEDURE

- **Stop** iron tablets, multivitamins, nutritional supplements, Advil, Motrin, Naproxen, Meloxicam, or Diclofenac.
- If you take Aspirin, Plavix (clopidogrel), Coumadin (warfarin), Pradaxa (dabigatran etexilate mesylate), Brilinta (ticagrelor) or Effient (prasugrel), **STOP IT 5-7 DAYS BEFORE THE COLONOSCOPY.**

2 DAYS PRIOR TO PROCEDURE

- **Stop** Eliquis (apixaban) or Xarelto (rivaroxaban).

DIABETES MEDICATION

Take only half of your usual dose of diabetes tablets/insulin the DAY BEFORE your colonoscopy. **DO NOT TAKE ANY DIABETIC MEDICATION/INSULIN ON THE DAY OF COLONOSCOPY.** You may resume your usual dose of diabetes medications following your first meal after the colonoscopy.

BLOOD PRESSURE MEDICATION

If you take medication for your blood pressure, continue your medication. Take this medication on the day of the procedure with a small sip of water only.

Colon Prep

1 DAY PRIOR TO PROCEDURE

1. Purchase **2 Fleet Enemas** at a pharmacy near you.
2. Use the first Enema in the evening at **8PM** as advised on package.
3. Continue a clear liquid diet until **midnight.**

MORNING OF THE PROCEDURE

1. **2 hours** before your procedure, use the second Enema as advised on package.
2. **NOTHING TO DRINK**, including water, **2 hours** before check in time.

Clear Liquid Diet

- Water
- Black coffee (NO cream or milk)
- Green tea
- Clear sodas (Sprite, 7-Up, Mountain Dew, Ginger Ale)
- Clear juices (apple juice, white grape juice, lemonade)
- Light-colored sports drinks
- Crystal Light
- Chicken broths
- Gelatin flavors (Jell-O) with no fruit added, **no reds, purples or other dark colors**
- Popsicles

AVOID citrus juices, milk products

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Policies

Gastrointestinal and Liver Consultants encourage you to investigate your insurance coverage, benefits prior, and any co-pays to having your procedure.

We understand that there are times when you must miss a scheduled procedure due to unexpected issues and/or obligations for work or family. However, when you do not call to cancel or reschedule, you may be preventing another patient from getting much-needed treatment. Conversely, the situation may arise where another patient fails to cancel, and we are unable to schedule a procedure for you due to a seemingly “full” appointment book.

If a procedure is not canceled or rescheduled at least 2 business days in advance of your appointment you will be charged a \$125 fee.

This fee will not be covered by your insurance company.