Flexible Sigmoidoscopy Instructions

Nuvance Health Medical Practice Gastroenterology

**Blood thinners:** (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

**Insulin dependent diabetics:** (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

If you’re on certain medications called GLP-1 agonists, you will follow the below instructions for procedure. **GLP-1 agonists include:**

- Dulaglutide (Trulicity)
- Exenatide extended release (Bydureon bcise)
- Exenatide (Byetta)
- Semaglutide (Ozempic)
- Liraglutide (Victoza, Saxenda)
- Lixisenatide (Adlyxin)
- Semaglutide (Rybelsus)

**GLP-1 Agonists:** (If applicable) Patients taking GLP-1 agonists daily – Hold on the day of the procedure. Patients taking GLP-1 agonists weekly – Hold for 1 week prior to the procedure. Clear liquids **ONLY** the day prior to the procedure.
Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds.

Purchase 2 Fleet Enemas at the pharmacy.

**Day before the procedure:**
- Between 5-6 pm have a LIGHT DINNER of soft foods. Eggs, pasta (no red sauce), broiled chicken, fish, mashed potatoes would be fine. **(No milk, cream, raw fruits, or vegetables).** You can have a low residue breakfast and lunch. **If you are taking a GLP-1 clear liquids only the before the procedure.**
- Nothing to eat after midnight.

**Day of the procedure:**
- Drink clear liquids ONLY. NO FOOD
  - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet or jello. **Nothing red or purple. No milk or cream. Discontinue two hours before arrival.**
  - Two Fleet’s enemas used a half hour apart – to be completed 2 hours prior to arrival time.
  - **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.
  - **Nothing by mouth** two (2) hours before arrival.
  - **2 hours before your arrival time** – Take 1 Fleet Enema then 30 minutes later take the 2nd Fleet Enema.

You will need a responsible driver (18 years of age or older) to drive you home if you are sedated for the procedure.

Expect to be here for 90 minutes to 2 hours.
Nuvance Health Medical Practice Gastroenterology Locations

Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**
  24 Hospital Avenue, 4th Floor Strook, Danbury, CT (203) 739-7038

- **Frank J. Kelly Medical Arts Center**
  111 Osborne Street, 2nd Floor, Danbury, CT (203) 739-7038

- **Danbury Surgical Center**
  73 Sandpit Road, Danbury CT (203) 739-7038

- **New Milford Hospital**
  21 Elm St. 2nd Floor, New Milford, CT (203) 739-7038

- **Norwalk Surgical Center**
  40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278

- **Norwalk Hospital GI Lab,**
  34 Maple Street, 5th Floor, Norwalk, CT 06850 (203) 852-2278

New York

- **Putnam Hospital**
  670 Stoneleigh Avenue, Carmel, NY (845) 876-3003

- **Fishkill Asc.**
  200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524 (845) 876-3003

- **Vassar Brother’s Medical Center**
  45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003

- **Northern Duchess Hospital**
  6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003