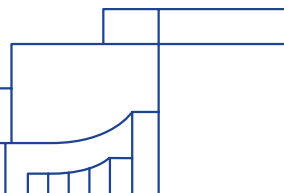


FLEXIBLE SIGMOIDOSCOPY PREPARATION

Digestive Health Institute



FLEXIBLE SIGMOIDOSCOPY PREPARATION

It is important that you follow the preparation instructions listed here. Disregard any other instructions from the preparation packaging. Your procedure may be canceled if instructions here are not followed.

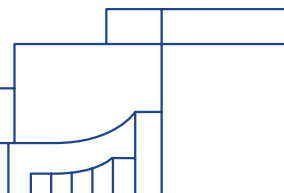
Please make arrangements for a responsible adult to accompany you after completion of the procedure. Your procedure may be subject to cancellation if you have no transportation. Taxi and rideshare options are not acceptable unless you have an accompanying responsible adult.

You should expect to be at the procedure location for approximately 3 hours from time of registration to discharge.

If you have further questions, please call your Nuvance Health Gastroenterology practice at:

Danbury: (203)739-7038
Norwalk: (203) 852-2278

For questions regarding insurance coverage for your procedure, please contact your insurance company directly, or our Financial Clearance Department at 203-794-5350.



MEDICATION MANAGEMENT

If you take any medications that increase your risk of bleeding and were not told when to stop the medication by your gastroenterologist, please check with the prescribing doctor prior to the procedure.

EXAMPLES:

BRILINTA (TICAGRELOR)
ELIQUIS (APIXABAN)
LIXIANA (EDOXABAN)
LOVENOX (ENOXAPARIN)
XARELTO (RIVAROXABAN)

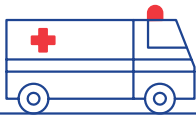
PLAVIX (CLOPIDOGREL)
PRADAXA (DABIGATRAN)
PRASUGREL (EFFIENT)
WARFARIN (COUMADIN)

Please note: OK to continue 81mg aspirin (baby aspirin).

For patients with diabetes, metabolic diseases, or are taking a weight loss medication:

- If you take insulin (injectable or pump), and were not given instructions by the gastroenterologist, please see your prescribing physician for instructions on dosage adjustment.
- If you take oral diabetes medications (except GLP-1 agonist/weight loss medications-see below), please do not take them the morning of your procedure. You may resume them after your procedure with a regular diet
- For patients taking GLP-1 agonists (often called weight loss medications):

Drug	Directions of Stopping Drug	RESUMING DRUG AFTER PROCEDURE
Once weekly GLP-1 (injection) Semaglutide (Ozempic, Wegovy) Dulaglutide (Trulicity) Tirzapatide (Mounjaro, Zepbound) Exenatide (Bydureon)	Hold for a minimum of 8 days prior to procedure (including day of procedure)	Resume next day or next scheduled dose
Once daily oral GLP-1 Semaglutide (Rybelsus)	Do not take on morning of procedure	Resume next scheduled dose
Once daily GLP-1 (injection) Liraglutide (Victoza, Saxenda)	Do not take on morning of procedure	Resume next scheduled dose
Twice daily GLP-1 (injection) Exenatide (Byetta)	Do not take night before, or on morning of procedure	Resume next scheduled dose



3 DAYS PRIOR TO PROCEDURE

- Purchase 2 Fleet Enemas (saline laxative enemas) at the pharmacy.
- Confirm your transportation.
- Confirm the location of your procedure and secure appropriate directions and time of arrival.



1 DAY PRIOR TO PROCEDURE

ONLY FOR PATIENTS TAKING GLP-1 AGONIST MEDICATIONS:

- Breakfast may be eaten before 8:00am
- After 8:00am, follow a clear liquid diet for the rest of the day. NO solid food.
- DO NOT drink alcohol
- Drink plenty of clear liquids to ensure adequate hydration. **DO NOT DRINK RED OR PURPLE LIQUIDS (ALL OTHER COLORS ARE OK)**
- Examples of clear liquids include:
 - Water
 - Clear juice (apple, lemonade, white grape juice, white cranberry juice)
 - Clear soup, broth, bouillon or consommé
 - Tea or coffee (black)
 - Sports drinks
 - Ginger-ale, lemon-lime soda
 - Gelatin such as Jell-O, flavored ices
 - Popsicles

All other patients (not on a GLP-1) may eat a regular diet the day before procedure.



DAY OF THE FLEXIBLE SIGMOIDOSCOPY PROCEDURE

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE**
- No chewing gum or hard candy the morning of the procedure
- Can take heart and blood pressure medications with a small sip of water up to 2 hours before your arrival time, or after your procedure is completed
- **Do not take oral diabetic medications or diuretic (water pill) medications**
- Bring your current list of medications
- Bring your defibrillator/pacemaker card if you have one
- **DO NOT bring valuables or jewelry**
- **DO NOT wear contact lenses**
- Wear comfortable clothing

2 hours before your arrival time – Take 1 Fleet Enema then 30 minutes later take the 2nd Fleet Enema.

You should expect to be at the procedure location for approximately 3 hours from time of registration to discharge.

If you have further questions, please call your Nuvance Health Gastroenterology practice at:

Danbury: (203)739-7038
Norwalk: (203) 852-2278