



# Getting Ready For Flex Sigmoidoscopy

Please read this instruction booklet at least  
**ONE WEEK BEFORE** your procedure.

## Appointment information:

PROCEDURE DATE: \_\_\_\_\_

ARRIVAL TIME TO FACILITY: \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

## DIETARY GUIDELINES 1 WEEK PRIOR TO PROCEDURE

### **Avoid High-Fiber Foods**

Do not eat the following at least 1 week prior to procedure, as they may be difficult to clear with laxatives:

- High-grain bread, oatmeal, cereal, granola
- Nuts, seeds
- Raw or dried stringy and fibrous vegetables or fruits
- Beans, corn, popcorn

### **PLAN AHEAD:**

- Purchase prep items ahead of time.
- Discuss medications and existing health conditions with your doctor.
- If you normally take blood pressure medication in the morning, take it 4 hours prior to your procedure with a small sip of water.

**Questions?** Call our office at 310-325-6331 before your procedure day for clarification.

## MEDICATION GUIDELINES

### Medication

### When to stop taking

Medication	When to stop taking
<p style="text-align: center;"><u>ANTI-DIARRHEA &amp; IRON MEDS</u></p> <ul style="list-style-type: none"><li>• Imodium</li><li>• Kaopectate</li><li>• Lomotil</li><li>• Iron Supplements</li></ul>	<p><b>STOP 7 DAYS BEFORE PROCEDURE DAY (TIMING VARIES, CONSULT YOUR PRESCRIBING DOCTOR)</b></p>
<p style="text-align: center;"><u>BLOOD THINNERS</u></p> <ul style="list-style-type: none"><li>• Aspirin</li><li>• Ibuprofen</li><li>• Warfarin</li><li>• Eliquis</li><li>• Xarelto</li><li>• Coumadin</li></ul>	<p><b>STOP PRIOR TO PROCEDURE DAY (TIMING VARIES, CONSULT YOUR PRESCRIBING DOCTOR)</b></p>
<p style="text-align: center;"><u>GLP-1 MEDS (WEEKLY)</u></p> <ul style="list-style-type: none"><li>• Trulicity</li><li>• Bydureon</li><li>• Mounjaro</li><li>• Ozempic</li><li>• Wegovy</li><li>• Rybelsus</li><li>• Zepbound</li></ul>	<p><b>STOP 7 DAYS PRIOR TO PROCEDURE DAY</b></p>
<p style="text-align: center;"><u>GLP-1 (DAILY)</u></p> <ul style="list-style-type: none"><li>• Byetta</li><li>• Saxenda</li><li>• Victoza</li><li>• Adlyxin</li></ul>	<p><b>STOP ONE DAY BEFORE PROCEDURE DAY</b></p>
<p style="text-align: center;"><u>ALL DIABETES MEDICATION</u></p> <ul style="list-style-type: none"><li>• Any Oral Meds</li><li>• Insulin</li></ul>	<p><b>FOLLOW YOUR PRESCRIBING DOCTORS INSTRUCTIONS</b></p>

## One Day Before Procedure Day

1. Have only clear liquids the entire day before your procedure.
2. Administer the 1<sup>st</sup> fleet enema at least 1 hour before bedtime.



4.5 fl oz (133mL)

## Day of your Procedure

3. Administer the 2<sup>nd</sup> fleet enema at least 1 hour before leaving for your procedure.



4.5 fl oz (133mL)

**OPTIONAL:** Use hemorrhoid cream/**A&D ointment** if needed to protect anal area.



# DO NOT DRINK ANY LIQUIDS 4 HOURS PRIOR TO PROCEDURE TIME.

It's extremely important to have no food or liquid in your mouth/stomach prior to procedure to avoid aspiration pneumonia risk due to anesthesia.

## The Day of Your Procedure

Plan on being at the Center for approximately 3 hours from the time you arrive, until discharge.  
If delays occur, we will do our best to update you and your driver.

1. **NO** Tobacco products (cigarettes, Vape, etc.) or chewing gum the day of your procedure.
2. **DO NOT** work or drive the entire day of your procedure due to anesthesia used for the procedure.
3. For your safety, patients are **not allowed to use UBER, LYFT, TAXI, or other ride-share services** after anesthesia. You must have a responsible adult drive you home. If you don't, your procedure **will be canceled and rescheduled**.
4. Arrive at the endoscopy center **one hour** before your procedure time for check-in, paperwork, and preparation.
5. You must have your **insurance card and photo ID for verification**. Any payment due will be collected upon check-in. Leave valuables at home and wear glasses instead of contacts.
6. If you take **blood pressure or heart medication the morning of your procedure**, please take the medicine no later than 4 hours prior to procedure time with a small sip of water.
7. After the procedure, you should plan on small and easily digestible foods and avoid foods that give you indigestion or gas. You should resume normal meals the next day.
8. After a flex-sigmoidoscopy, your bowel movements may not return to usual pattern for 2 to 4 days.
9. If you need to cancel or reschedule, please notify us 72 hours in advance. Missed appointments or late cancellations may result in a cancellation fee.

South Bay Gastroenterology

Scheduler's Name: \_\_\_\_\_

Telephone: (310) 539-2055

**Your procedure will be at the following location:**

**The Endoscopy Center of the South Bay**

23560 Madison St., Suite 109

Torrance, CA 90505

(310) 325-6331

**Providence Little Company of Mary**

G.I. Lab – Located on the 1<sup>st</sup> Floor of the Hospital

4101 Torrance Blvd.

Torrance, CA 90503

(310) 303-5540

**Torrance Memorial Medical Center**

G.I. Lab – Located on the Basement Level of the Hospital

3330 Lomita Blvd.

Torrance, CA 90505

(310) 517-4707