

Flexible Sigmoidoscopy Preparation

General Instructions

1. Please read and follow these instructions carefully. A well-done bowel preparation is vital to preventing colon cancer.
2. If you are on a blood thinner (Coumadin, Eliquis, Plavix, Xarelto, etc.), please see the attached special blood thinner instructions for management of these medications prior to your procedure.
3. If you have any questions, please call the facility at which your procedure will be performed. Please see the end of these instructions for a listing of all applicable facilities and phone numbers.
4. Do not eat or drink anything after you finish your bowel preparation. Please avoid eating or drinking for at least 4 hours prior to your procedure; if you eat or drink anything during the 4 hours prior to your procedure, your procedure may need to be rescheduled.

Items to Purchase and Prepare Prior to Your Flexible Sigmoidoscopy Preparation

1. Two over-the-counter Fleets (or equivalent) enemas.
2. One over-the-counter Milk of Magnesia bottle.

Two Days Prior to Your Flexible Sigmoidoscopy

1. Follow a low-fiber diet. Avoid nuts, seeds, popcorn, whole grains, and similar foods. This diet will improve your flexible sigmoidoscopy preparation.

The Day Prior to Your Flexible Sigmoidoscopy

1. Continue to follow a low-fiber diet. Avoid nuts, seeds, popcorn, whole grains, and similar foods. This diet will improve your bowel preparation.
2. Drink a large amount of liquid all day; it's important to begin your flexible sigmoidoscopy preparation as well-hydrated as possible. Focus on water, broth, coffee, Jell-O, tea, bouillon, soda, Gatorade, Crystal Light, etc. Stay well-hydrated all day. Avoid dairy. Avoid red, blue, and purple liquids.
3. Eat a light dinner. Continue to follow a low-fiber diet as above.
4. At 7:00 pm, take 4 tablespoons of Milk of Magnesia.
5. Continue to drink clear liquids. Drink at least 2 to 3 glasses of water or an equivalent liquid (Gatorade, Crystal Light, etc.) prior to bed.

The Morning of Your Flexible Sigmoidoscopy

1. One hour prior to leaving for your procedure, administer two enemas following the instructions included with the enemas.
2. If needed, you may drink a small amount of water with any blood pressure or seizure medications you need to take 4 hours prior to your procedure.
3. Please do not eat or drink anything for 4 hours prior to your procedure.
4. If you have any questions, please call the appropriate endoscopy facility your procedure is scheduled at as per the following page.

Endoscopy Facilities

Central Utah Surgical Center

(801) 374-0354
1067 North 500 West Suite 100 Building B
Provo, UT 84604

Timpview Surgical Center

(801) 492-5994
1175 East 50 South Suite 101
American Fork, UT 84003

American Fork Hospital Endoscopy Department

(801) 855-3361
170 North 1100 East
American Fork, UT 84003

Spanish Fork Hospital Endoscopy Department

(385) 344-6011
765 East Market Place Drive
Spanish Fork, UT 84660

Utah Valley Hospital Endoscopy Department

(801) 357-7743
1034 North 500 West
Provo, UT 84604

Mountain View Hospital Same Day Surgery

(801) 465-7576
1000 East 100 North
Payson, UT 84651

Timpanogos Hospital Same Day Surgery

(801) 714-6644
750 West 800 North
Orem, UT 84057