



Linda Tong, M.D. AGAF Poonputt Chotiprasidhi, M.D. Ahmad Cheema, M.D.

Flexible Sigmoidoscopy Prep Instructions

PLEASE BE ON TIME!

Appointment Day:

Date:

Arrival Time:

Location: Regional SurgiCenter 545 Valley View Dr. Moline, IL 61265

DIABETIC
YES / NO

INR
YES / NO

YOUR PREP IS THE KEY TO A SUCCESSFUL SIGMOIDOSCOPY

A bowel prep is done to clear the bowel of all solid matter. You may need to get to the toilet right away. You will have many bowel movements after you start your prep. They will become very watery.

Please follow these instructions.

Purchase the following items over the counter:

- Miralax (sm. bottle, 119 grams)
- 2 Fleets Enemas

- There may be store brands of these products that cost less.
- Ask the pharmacist to help you find what you need.
- Buy Do not use carbonated beverages with your Miralax prep.

Stop Blood Thinner/Anti-Coagulant, _____, on _____.

7 Days Before your Procedure

- Stop taking any medications or vitamins containing Iron.

5 Days Before your Procedure

- Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve.
- Stop eating popcorn, berries, nuts and seeds.

1 day before your procedure

- Between **4:00 p.m.** and **6:00 p.m.** mix 1 ½ capfuls of Miralax with 8 ounces of a non-carbonated clear liquid until dissolved and drink.
- Repeat this step every 15-30 minutes until your bowel movements are clear. (Try to drink 5 glasses or until the entire 119 gm. bottle of Miralax is gone.)
- If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace.
- **Mark off each time you drink an 8 oz. glass: 1 2 3 4 5**

If you have questions, need to cancel or reschedule, please call PHONE: 309-601-2800 • FAX: 309-601-2801

Linda Tong, M.D. AGAF Poonputt Chotiprasidhi, M.D. Ahmad Cheema, M.D.

- **Have a Clear Liquid Dinner. Avoid all red or purple colored liquids.**
- Water
- Fruit Juices (no pulp)
- Popsicles
- Gatorade / sports drinks
- Soft drinks
- Jell-O
- Kool Aid
- Coffee or tea (no milk or cream)
- Clear broth or bouillon

Day of your procedure

- 1 hour before your arrival, administer the first Fleets enema.
- 30 minutes before your arrival, administer the second Fleets enema.
- **Do NOT take diabetes medication (tablets or insulin)**
- **Take blood pressure, heart, lung and seizure medication with sips of water.**
- **Nothing to drink 2 hours prior to arrival time:** (You may gargle, but do not swallow any liquid.)
- Do not smoke after midnight.

**** Arrange to have an adult bring you to your appointment, stay there and take you home after your test****
****Menstruating females will be required to give a urine sample****
****Please bring this sheet and an updated medicine list****

Following your Sigmoidoscopy:

- Expect to be groggy, possibly requiring a nap.
- Bloating or perhaps abdominal pain that should improve after a few hours.
- No Driving, signing legal documents, or returning to work within 12 hours after procedure.

The day after:

- Should be able to return to normal activity, such as work and light exercise.

For questions or if you need to reschedule, please call Digestive Disease Specialists at 309-601-2800