

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a flexible sigmoidoscopy for you. A link to your procedure information is available at My Duke Health. Please review your procedure information to prepare for your procedures. You must complete a bowel preparation (prep) for your flexible sigmoidoscopy. Your prep is an enema prep. An enema prep removes the stool from the last part of your colon – the rectum and sigmoid colon.

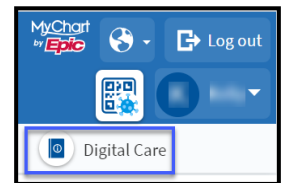


## What is a Flexible Sigmoidoscopy?

A flexible sigmoidoscopy is an exam of the lower portion of your GI tract (rectum and sigmoid colon). During this procedure, your doctor will insert a thin, flexible tube with a camera into your rectum. The doctor will look inside your colon to check on the health of your colon. A clean colon allows your doctor to see the colon lining. You will receive IV sedation to help you sleep and stay comfortable during your procedures. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

## Planning for Your Procedures - Two (2) weeks before your procedures:

- Log into My Duke Health to review your procedure information. Select Digital Care for the link to the printed information.
- Read your instructions.
- For this procedure, you will complete a bowel prep. Follow these step-by-step instructions.
- Purchase your prep supplies and clear liquid diet items.
- Find a family member or friend who can drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for four (4) hours for your procedure.
- Since you will receive IV sedation for your procedure, you cannot drive or work for 24 hours after sedation.
- Print these instructions and place them in a safe place, like on your refrigerator.



## Shopping List - Prep Items

You will prep using two enemas. Purchase your prep supplies at your local pharmacy or grocery store. There is no prescription for this prep.

- Two (2) 7.8 ounce Saline Enemas (Name Brand: Fleets®)
- Assorted clear liquids to drink the day before and the day of your procedure.
- Review the clear fluid list on page 4. **\*\*Do not buy Red or Purple fluids.\*\***

## TWO (2) WEEKS Before Your Procedure

- If you have diabetes, talk to your provider about your diabetes medicine.
- If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).

## FIVE (5) DAYS Before Your Procedure

- Stop eating high fiber foods like beans, raw fruits or vegetables, nuts, or seeds.
- Review the low-fiber diet list.
- Stop taking Fish Oil supplements.

# Flexible Sigmoidoscopy Procedure Preparation Step-by-Step Instructions

## **TWO (2) DAYS Before Your Procedure**

- Stop taking your fiber supplements like Metamucil®, Citrucel®, and Fiberall®.

## **ONE (1) DAY Before Your Procedure**

- Eat your normal diet today until bedtime. Do not eat high fiber foods.
- At 12:00 am – midnight (bedtime) stop eating all solid food until after your procedure.

## **The Day of Your Procedure – When You Wake Up**

- DO Not eat any solid food. Drink only clear liquids.
- Four hours before your procedure – **STOP** drinking all liquids.
- Three hours before your procedure - Complete your enema prep using the two (2) Saline Enemas (Fleets Enema®). Follow the enema packet instructions.
- Administer the first enema. Insert the pre-lubricated tip of the enema in your rectum. Squeeze the contents of the enema into your rectum and hold the fluid for 15 minutes. Sit on the toilet, push out the water, and try to have a bowel movement.
- Repeat these steps with the second saline enema.

## **Preparation Information and Frequently Asked Questions (FAQs)**

**If you have a Pacemaker or Internal Defibrillator:** Bring your device information card to your anesthesia and colonoscopy appointment. Give the device card to your nurse when you check in for your procedure.

**If you do not or cannot accept blood products in an emergency,** please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

### **I am a diabetic. Should I take my diabetes medicines when I drink my prep?**

If you take insulin or have an insulin pump:

Contact your diabetes provider to ask if you need to adjust your insulin dose. Check your blood sugar several times the day before and the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

### **I am a diabetic. Should I take my diabetes medicines when I drink my prep?**

If you take pills for diabetes but not insulin:

Do not take your diabetes medicine on the day of your procedure unless your provider tells you to continue this medicine. Check your blood sugar on the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

### **How do I know if the enema cleaned out my rectum?**

Your rectum will be clean if you follow each step in the prep. If you cannot complete an enema prep, call Duke GI and ask to speak to a nurse about another prep.

**What are examples of high-fiber foods?** High-fiber foods include all fruits, vegetables, nuts, seeds, whole-grain bread, beans, and lentils. Review the list on page 3.

**What are examples of low-fiber foods?** Review the list of low-fiber foods below.

**Can I drink alcohol, wine, or beer before my procedure?** No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol during your prep.

# Flexible Sigmoidoscopy Procedure Preparation Step-by-Step Instructions

## Clear Liquid Examples

**All fluid must be light in color and not red or purple.**

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream (no red or purple colors)
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink

Low Fiber Food Examples	Start your low-fiber diet FIVE (5) days before your procedure
Milk and Dairy	Milk, cream, cheese, cottage cheese, yogurt, and protein drinks
Bread and Grains	White rice, white bread, and plain crackers (saltines or Ritz) Low-fiber cereals (Rice Krispies, Cream of Wheat, Cornflakes)
Meats and Protein	Chicken, Turkey, Pork, Veal, Fish, Shellfish, Eggs, and Tofu Smooth Peanut Butter or Almond Butter Chicken, beef, or vegetable broth, consommé, and strained soups
Fruits	Fruit juice without pulp Applesauce Cantaloupe and honeydew melon Peeled Apricots and peaches Canned or cooked fruit without seeds or skin
Vegetables Canned or Cooked	Peeled carrots Mushrooms Peeled potatoes
Desserts without fruit	Plain Custard, pudding, ice cream, sherbet, or gelatin