

Flexible Sigmoidoscopy Prep Instructions

Location: ☐ **Wantagh Office**
1488 Wantagh Avenue
Wantagh, NY 11793

☐ **Meadowbrook Endoscopy Center**
865 Merrick Avenue, Suite 150N
Westbury, NY 11590

☐ **Other**

Procedure Date: _____ Time: _____ *Be flexible. Time may change.

Follow-Up Appointment Date: _____ Time: _____ Virtual or 2155

1. 7 days before the procedure

- No aspirin, ibuprofen products, vitamin E, multi-vitamin, fish oil
- *Tylenol products are allowed.*
- Take all other medications as prescribed, unless instructed otherwise by the physician.
- Do not consume nuts, beans, seeds or corn.
- Discontinue Trulicity, Wegovy, Ozempic, Zepbound, Semaglutide, Saxenda, Tirzepatide and Rybelsus at least **7-8 days** before the procedure.

2. Morning of the procedure

- You may not have any solid food. Drink **ONLY** clear liquids.
- **STOP** all liquids 4 hours before your scheduled procedure.
- **One hour** before your procedure, give yourself **2 Fleets Enemas** to clean your lower bowel.

3. Day of procedure

- Upon awakening, take your blood pressure medicine (if applicable) with a sip of water.
- No gum chewing or hard candy.
- Bring your **medication reconciliation** sheet or a list of your medication, including dosage, with you.
- Bring your **insurance card and photo ID**.
- *If anesthesia is administered:* All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- *If anesthesia is administered:* **An adult must drive you home from your procedure.** You are not allowed to use an Uber, Lyft or other ride-sharing service home from your procedure.
- *If anesthesia is administered:* **You will be unable to drive or work for the remainder of the day after your procedure.**