

FLEXABLE-SIGMOIDOSCOPY (with anesthesia)

Follow these instructions to prep for your procedure.
Tulsa VA Endoscopy Clinic M-F 0700-1530 (918) 252-8000 ext 29042 or 29043
24/7 Colonoscopy Instruction Line at 918 577 4900

If you have had cardiac stents placed within the last 12 months please call our clinic.

7 DAYS BEFORE YOUR PROCEDURE

STOP taking **blood thinners**: EFFIENT (Prasugrel); Brilinta (ticagrelor); PLAVIX (Clopidogrel).

STOP weight loss meds: (such as OZEMPIC, WEGOVY, MOUNJARO, PHENTERMINE).

5 DAYS BEFORE YOUR PROCEDURE:

STOP taking **blood thinners**: WARFARIN (Coumadin); Aspirin; and NSAIDs such as: Ibuprofen; Advil; Naproxen; Meloxicam; Diclofenac.

STOP taking FISH OIL, FIBER, IRON, NUTS, AND SEEDS.

2 DAYS BEFORE YOUR PROCEDURE:

STOP taking **blood thinners**: Pradaxa (dabigatran); Xarelto (rivaroxaban); Eliquis (apixaban).

1 DAY BEFORE YOUR PROCEDURE:

IF YOU ARE A DIABETIC:

HOLD EVENING DOSE OF ORAL DIABETIC MED(S)

TAKE ONLY ½ YOUR USUAL EVENING DOSE OF LONG-ACTING INSULIN.

DO NOT TAKE SHORT ACTING INSULIN THE **NIGHT** BEFORE PROCEDURE OR THE **MORNING** OF.

(**Monitor your blood sugar to maintain a reading of 100 or higher.** Drink apple juice, Gatorade (no red or orange color items) 7-Up, or Sprite to help maintain your blood sugar levels greater than 100.

You may take your normally prescribed medications, **EXCEPT** for those mentioned above.

DO NOT have ANYTHING by mouth after MIDNIGHT.

DO NOT use oral tobacco products, chewing gum, marijuana, mints, etc. after MIDNIGHT.

THE MORNING OF YOUR PROCEDURE:

Administer your **Fleets enema** at home 1 to 1.5 hours prior to departure.

If you take Blood Pressure meds and/or Seizure meds, take **ONLY** with small amount of water.

DO NOT take any DIABETIC medications and **NO** insulin.

DO NOT have anything else by mouth; including oral tobacco products, chewing gum, marijuana, gummies, mints, etc.

YOU MUST BE ACCOMPANIED BY A LICENSED DRIVER. THE DRIVER IS REQUIRED TO REMAIN AT THE CLINIC UNTIL YOU ARE DISCHARGED. THEY CANNOT DROP YOU OFF AND LEAVE OR YOU WILL BE RESCHEDULED.