Getting Ready for Flexible Sigmoidoscopy with Sedation

What is a Flexible Sigmoidoscopy?
A flexible sigmoidoscopy is a test to look at the lower part of your large bowel. This test can be used to find the cause of rectal bleeding or abdominal pain.

Important – Read 1 week in advance.
Procedure may be cancelled if instructions are not followed

Getting Ready
Blood thinning medications should never be stopped without discussing this with the provider who prescribes the medication for you. The provider will give you instructions on how to safely stop the blood thinning medicine. Contact us if you have questions.

You will need to buy the bowel prep supplies before the procedure. You can buy this at a local drugstore. No prescription is needed.

1. MiraLax (or generic equivalent) – 4.1 ounce bottle.

2. Gatorade/PowerAde – buy two 32 ounce bottles. Do not buy red, blue or purple colored liquids. (If you are diabetic, buy Pedialyte instead).

For some patients, the doctor may want an enema to be done as a bowel prep. Do not buy this unless instructed. For some patients, the enema will be given here right before the procedure.

1. 7 days before, you should stop taking the blood thinner Effient® (prasugrel).

2. 5 days before, you should stop taking:
   • Iron.
   • Blood thinners, such as Coumadin® (warfarin) or Plavix® (clopidogrel).

3. 2 days before, you should stop taking the blood thinner Pradaxa® (dabigatran).
4. **24 hours before**, you should stop taking the blood thinner Xeralto® (rivaroxaban).

5. **2 days before**, you should stop taking the blood thinner Eliquis® (apixaban).

6. **Diabetic medicines (oral and insulin) will need to be adjusted** for the time you’re not eating as normal. Please discuss this with your primary doctor.

7. **You must have a responsible adult to drive you home or your procedure will be cancelled.** You may take a cab or bus home only if you have a responsible adult with you other than the driver.

8. **Plan ahead.** For your test you will be given sedatives which can greatly affect your judgment. On the day of your test, you will not be able to drive or return to work. Do not make important personal or business decisions until the next day.

9. Our staff will need to review your health history, prior surgeries, allergies, and medicines taken. Please bring this information with you.

10. If you use **CPAP or BiPAP** for sleep apnea, please bring it with you. We will need your machine in order to sedate you safely.

11. If you have an implanted pacemaker or defibrillator, we will need specific information about it **before** your procedure day. If you haven't already given us this information, please call us during business hours (8:00 AM to 5:00 PM, Monday through Friday) at (608) 263-8097 for procedures done at the GI Procedure center at the hospital. Ask to speak to the Procedure Coordinator. For procedures scheduled at the DHC, call (608)890-5010 and talk to the nurse.

**Day Before Your Procedure: Bowel Prep**

1. You can eat a regular meal for lunch. Stop all solid foods by noon. After that, start a clear liquid diet.

2. Clear liquids include water, soda, Gatorade, juice. No liquids should have pulp (like orange juice). Do not drink liquids that are red or purple in color.

3. In the early afternoon, mix the MiraLax® with both bottles of chilled
Gatorade. It will be 64 ounces total. If you are diabetic, use Pedialyte.

4. Start drinking the prep at 6 pm. Drink one 8-ounce glass of the total mixed solution every 15 minutes until gone.

5. If your stool is still not clear, Drink one 8-ounce glass every 15 minutes until your stool is clear.

6. Keep drinking clear liquids so you do not get dehydrated.

Day of the Flexible Sigmoidoscopy
1. No solid food, milk, or dairy products until after your test.

2. You may drink clear liquids until 4 hours before you arrive (ie: water, apple juice, soda, Gatorade®). Avoid red and purple liquids.

3. Take your normal medicines with a small sip of clear liquid up to 1 hour before you arrive. Do not take medicines mentioned under “Getting Ready.”

4. Follow the arrival and registration instructions in your cover letter. If you are delayed call to let us know you are going to be late. For all procedures at DHC, call (608)890-5010. For procedures at the GI center at the hospital, call (608) 263-8097. If you are over 30 minutes late, we may have to cancel and reschedule. We do our best to stay on time.

5. Plan to be with us about 2 hours. Your driver will need to be available in our waiting room or by phone.

The Flexible Sigmoidoscopy
A nurse will review your health history and place an IV. The IV is used for sedation during your procedure. The test will take 15 – 30 minutes. You will then go to our Recovery Room for about an hour. Your driver may sit with you there. Once awake, you will be given something to drink. Your doctor will discuss results with you before discharge. You and the doctor who referred you will receive a copy of the report.

After the Flexible Sigmoidoscopy and for the Rest of the Day
- Do not return to work.
- Do not drive.
- Do not use hazardous machinery.
- Do not make any important decisions.
- Plan to rest after you leave the hospital.
- Do not drink alcohol.

You should be able to resume normal daily tasks on the day after your procedure. You may have some gas pains from the air used to distend your colon. As you pass the air your gas pains should go away.

**How to Contact Us**

If you are not able to keep your appointment, please let us know 5 days before.

**UW Health Digestive Health Center**
750 University Row
Madison, WI
(608) 890-5010
(855) 342-9900

**Digestive Health Center**, 7:00 am to 5:00 pm weekdays, (608) 890-5010.
After clinic hours, please call (608) 890-5010. This number will connect you to the paging operator. Ask for the Gastroenterology (GI) doctor on call. Give your name and phone number with the area code. The doctor will call you back.
If you live outside of the Madison area, please call 1-855-342-9900.

**University of Wisconsin Hospital & Clinics GI Procedure Clinic**
600 Highland Avenue
Madison, WI 53792
(608) 263-8097
(800) 323-8942

**GI Procedure Center**, 8:00 am to 5:00 pm weekdays, (608) 263-8097.
After clinic hours, please call (608) 263-8094. Ask for the GI doctor on call. Give your name and phone number with the area code. The doctor will call you back.
If you live outside of the Madison area, please call 1-800-323-8942.

The Spanish version of this *Health Facts for You* is #7350

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©7/2017. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6257