

*Integral Gastroenterology Center, P.A.*  
*Venodhar Rao Julapalli, M.D.*

**Flexible Sigmoidoscopy with Preparation Instructions**

Procedure Date \_\_\_\_\_ Time \_\_\_\_\_ Arrival Time \_\_\_\_\_

**Please read these instructions carefully at least one week prior to your exam. Please call us if you have any questions at 281-880-GUTS (4887).**

Please contact our office if you have any of the following medical conditions and have not already discussed this with us:

- History of heart, lung, liver, or kidney disease
- Use of blood thinners such as Coumadin, Lovenox, or heparin
- Excessive bleeding during previous surgery or dental procedure
- Diabetes

**Medication and Diet Instructions**

**One week before your endoscopy, STOP:**

- Iron
- Plavix (clopidogrel)

**Four days before your endoscopy, STOP:**

- Coumadin (warfarin). If you have an artificial heart valve, you should talk with your primary care physician or cardiologist about using an alternative blood thinner.

**One day before your endoscopy:**

- Start clear liquids in the morning and drink only clear liquids all day. These include clear soda, Gatorade, clear juices (no orange or grapefruit juice), clear broth, Jell-O (no red or blue flavor), and water. AVOID coffee and tea.
- Do not drink alcohol.
- Deviating from this diet will prevent adequate preparation of the colon for the exam and may result in cancellation of the procedure.
- It is important that you drink as much fluid as you can throughout the day.

**Bowel Preparation**

You will need a prescription for one bottle of magnesium citrate. Please contact our office if you did not receive the prescription.

You may want to use petroleum jelly or aloe baby wipes around the anal opening before starting your bowel prep and after each bowel movement to minimize irritation.

**For procedures at or before 12:00 PM:**

- **Day before procedure at 12 PM** Drink one bottle of magnesium citrate.

**For procedures after 12:00 PM:**

- **Day before procedure at 5 PM** Drink one bottle of magnesium citrate.

**AM of procedure:** Take two Fleets enemas (you can buy this at any drugstore)

**Day of Procedure**

- If you take aspirin stop the aspirin on the day of the procedure.
- Do not eat or drink anything starting six hours before your procedure.
- Except as otherwise indicated, you should take your regular morning heart and blood pressure medications with a few small sips of water.
- Arrive at the endoscopy center two hours before your procedure is scheduled.
- Wear comfortable clothing. Please leave your valuables at home. Please avoid using fingernail polish.
- Due to the sedation, a relative or friend will need to accompany you out of the facility and drive you home. You will NOT be allowed to take a taxi or public transportation home. Your procedure will be cancelled if you do not have a ride.
- Someone will need to remain with you for at least two hours after you are discharged to ensure that there are no problems from the sedation or the procedure.
- After your procedure, you should not drive, return to work, do any strenuous activity, or sign any legal documents until the following day.
- There is a small risk of serious bleeding for up to two weeks after a polyp is removed. We recommend that you stay within two hours of a medical facility during this time.