

FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Read and follow all instructions carefully

PURCHASE AT THE PHARMACY

2 Enemas (over the counter)

PREPARATION FOR YOUR PROCEDURE

- **Continue all** aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue.
- **If you take a prescribed blood thinner you will need holding instructions from our office.**
- Arrange to have a driver take you home after the procedure. You will not be allowed to drive after receiving sedation.
- **If you have diabetes or are taking medications for weight loss, use the following instructions:**
 - Fasting (going without food) is required for this procedure, monitor your blood sugar and follow these directions
 - **GLP-1 - STOP 7 days prior to your procedure.** (ex: Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Semaglutide, Tirzepatide)
 - **SGLT2 - Stop 3 days prior to procedure** (ex: Jardiance, Farxiga, Invokana, Steglatro, Brenzavvy, Glyxambi, Synjardy, Xigduo, Qtern)
 - Other oral diabetic medication: do not take the morning of your procedure.
 - Insulin Pump: Leave on, if you have questions refer to your endocrinologist.
 - Long-acting Insulin: half dose the evening before procedure. Do not take the morning of your procedure.
 - Short-acting insulin: dose as necessary with blood sugar monitoring.
 - If you are concerned about your blood sugar dropping, consider purchasing glucose tablets.

CALL MON-FRI 7 AM – 5 PM OR CALL OUR AFTER HOURS NUMBER

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
Canyon County Endoscopy Center	(208) 954-8218
10-Mile Endoscopy Center	(208) 565-5035
After Hours	(208) 343-6458

7 DAYS BEFORE YOUR PROCEDURE

- **STOP ALL GLP-1 medications 7 days prior to procedure.**
- **STOP SGLT2 medications 3 days prior to procedure.**

5 DAYS PRIOR TO YOUR PROCEDURE

- No nuts or seeds.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds. If you are taking these to treat constipation, take 17g of MiraLAX daily starting five days prior to your procedure in place of the fiber. (This will require you to purchase MiraLAX in addition to bowel preparation stated above).
- Stop all oil-based vitamins and supplements to include Vitamin A, D, E, Fish Oil, Etc.

THE DAY OF THE PROCEDURE

- **8 hours prior to the procedure, BEGIN A CLEAR LIQUID DIET. Do not eat any solid foods.** You may consume clear fluids including juice (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and popsicles.
- **4 hours prior to your procedure, STOP ALL LIQUIDS.** This also means NO water other than to take your medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure.

425 W. Bannock • Boise, Idaho 83702
2235 E. Gala • Meridian, Idaho 83642
1200 Garrity • Nampa, Idaho 83687
1216 Garrity • Nampa, Idaho 83687
875 S Vanguard Ste 300 • Meridian, Idaho 83642
875 S Vanguard Ste 310 • Meridian, Idaho 83642



Phone: 208.343.6458
Fax: 208.343.5031
Web: IdahoGastro.com
Portal: <https://idahogastro.myportal.com/>

- To prepare the bowel for the procedure, take 2 enemas 1 to 1 ½ hours prior to leaving the house. Try to hold the enema for at least five minutes before releasing it. Wait 15 minutes between each enema. On occasion, the doctor may have you drink an oral laxative as well.
- Please continue consuming **clear** liquids after prep completion to avoid dehydration up until 4 hours prior to your scheduled procedure.
- Take your usual prescribed medications with small sips of water.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – **you cannot drive for the remainder of the day if you are sedated.** You need to have a responsible driver to take you home after your procedure. If your driver wishes to discuss the results of your procedure with the doctor, have them accompany you to your procedure and **remain on site.**
- We do not recommend Uber, Lyft, or taking a taxi – these are not acceptable forms of transportation.
- You will be sedated for your procedure. **Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.**

HELPFUL TIPS

- **STOP GLP-1 medications 7 days prior to your procedure**
 - **STOP SGLT2 medications 3 days prior to procedure**
 - Clear liquids only the 8 hours before your exam – that means no solid foods for breakfast, lunch, or dinner – liquids **only.**
 - PLEASE do not drink water or anything while driving to your appointment or waiting for your appointment.
 - If you are sedated, you may not remember your conversation with your doctor after your procedure – we STRONGLY recommend your driver stays IN our facility to speak with the doctor after your test.
-
- ❖ **Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patients' stay times for hospital procedures may be longer.**
 - ❖ **We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.**
 - ❖ **Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior authorization. Fee for services is required at time of check-in. Please be prepared to make a payment.**
 - ❖ **IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 business hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a \$200 fee.**