Your appointment is scheduled with

Dr. _____.

On _____.

Please arrive at _____.

SIGMOIDOSCOPY PREP

Digestive Disease Center of Central New York, L.L.C.

Please call and inform office of any changes to medical conditions or recent procedures/ hospitalizations

1 Week Before The Exam

If taking weight loss medication or injectables (GLP-1's)

****Must be held for 1 week prior to test****

Examples: Dulaglutide (Trulicity), Exenatide extended release (Bydureon), Exenatide (Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Rybelsus, Wegovy), Tirzepatide (Mounjaro, Zepbound), Jardiance (Empagliflozin), Tanzeum (Albiglutide), Efpeglenatide

3 Days Before The Exam

- Arrange to have a responsible adult over the age of 18 or a **Medical Transport** company drive you home after your procedure. Your procedure will be canceled if you do not have one arranged.
- **Pick up (2) over the counter fleets enema**
- Stop any iron supplements, iron, vitamin E and NSAIDs (Ibuprofen, Advil, Aleve, Celebrex, Motrin, Meloxicam, Naproxen).
- Stop your blood thinners as directed: (Aggrenox, Brilinta, Coumadin, Dabigatran, Effient, Eliquis, Endoxaban, Jantoven, Plavix, Pradaxa, Savaysa, Xarelto):
- Do NOT stop aspirin unless otherwise told
- You may continue taking all other medication as prescribed.

1 Day Before Exam

If taking weight loss or diabetic injectables

DO NOT EAT ANY SOLID FOOD THIS ENTIRE DAY.

Only drink clear liquids this entire day. Clear liquids are: water, clear broth or bouillon, coffee or tea (without milk or creamer), apple juice, white grape juice, white cranberry juice, sport drinks, clear carbonated beverages, Kool-Aid, Jell-O, popsicles. No RED or PURPLE liquids, no dairy, no pulp.

- You can have breakfast, lunch and a LIGHT dinner the day before your procedure**.**
- Take all your regular medications unless otherwise directed
- After midnight –nothing to eat or drink-**clear liquids only**.
- Clear liquids are: water, clear broth or bouillon, coffee or tea (without milk or creamer), apple juice, white grape juice, white cranberry juice, sport drinks, clear carbonated beverages, Kool-Aid, Jell-O, popsicles.
- No RED or PURPLE liquids, no dairy, no pulp.
- Be sure to drink plenty of fluids in additional to your prep to stay hydrated and ensure a good clean out of your system.

The Day Of The Exam

- Continue **ONLY** clear liquids today until **4 HOURS** before your appointment time.
- You may take all of your morning prescription medicines with sips of water.
- Please bring your puffer/inhalers with you.
- (Diabetics: Check your blood sugar this AM. Do NOT take your sugar pills this morning. Keep checking your blood sugars as needed).

TWO hours before leaving the house for your exam

- **give yourself one Fleet Enema**
- **(follow the directions on the box).**
- **Use the second enema 15 minutes later.**

4 hours before your appointment time STOP drinking all liquids

Time to Stop: _____

- Things to bring with you: Someone to drive you home, photo ID and insurance card, list of your medications. Please leave all valuables at home.
- Please plan to be here about 2 hours

Parking is located on the North Medical Center side of 5112 West Taft Road Building- Digestive Disease Center of Central New York. Come to **ENTRANCE D**. (315) 410-7400
For questions, please send a portal message, call (315) 452-3235, or visit our web page www.gandhofcny.com for frequently asked questions.