

## SIGMOIDOSCOPY PREP INSTRUCTIONS

Patient: \_\_\_\_\_ Gastroenterologist: \_\_\_\_\_

Date of test: \_\_\_\_\_ Time to arrive: \_\_\_\_\_

*Your arrival time may need to be adjusted based on the doctor's schedule*

Where to check in:

Kootenai Clinic Endoscopy 4th Floor (1919 Lincoln Way, Suite 416)

Specialty Procedures (2003 Kootenai Health Way - North hospital entrance registration desk)

– **Heart, blood pressure and seizure medications:**

- If your test is in the morning, take your heart, blood pressure and/or seizure medications with a small amount of water at least one hour before your test.
- If your test is in the afternoon, take your medications at your usual time in the morning.

– **Inhalers:**

Use as prescribed, please bring inhalers with you to your appointment.

– **Blood thinners:**

Stop \_\_\_\_\_ : \_\_\_\_\_ days prior to test.

– **Stop Fish Oil, Flax Seed Oil, THC Oil and CBD Oil three days prior to test.**

– **Oral diabetic medications:**

Do not take the morning dose on the day of your test.

**\*\*For low blood sugar - drink regular sugared clear soda (Sprite, 7-UP, etc.)**

– **Insulin Instructions:**

### YOU MUST HAVE A DRIVER IF SEDATION IS USED

- ❖ **The time for your test and recovery may vary, we will give you an estimated time that your driver will need to be here.**
- ❖ Please ask your driver to be flexible as to the time to pick you up.
- ❖ If your driver needs to leave, please let us know how we can contact them.
- ❖ Taxis or Rideshares (Uber, Lyft, etc.) are not allowed due to liability considerations.

Bring reading glasses if needed.

Bring photo ID and insurance cards.

**PLEASE NOTE: THERE MAY BE SEPARATE CHARGES FOR YOUR TEST; THE DOCTOR, THE FACILITY, ANESTHESIA AND PATHOLOGY**

Scheduled by: \_\_\_\_\_

**SEE REVERSE SIDE FOR PREP INSTRUCTIONS**

## SIGMOIDOSCOPY PREP INSTRUCTIONS

### BEFORE YOU BEGIN

- Purchase the following medications over the counter (no prescription needed)
  - TWO **sodium phosphate/saline enemas** (Fleets brand or generic okay)
    - **Do not** use Mineral Oil enemas.

### DAY OF YOUR TEST

- At Home use 1 **Enema** 2 hours before leaving for your test.
- At Home use 2<sup>nd</sup> **Enema** 1 hour before leaving for your test.

### IF YOU ARE HAVING SEDATION FOR THIS TEST:

- NO solid food after midnight
- You may drink clear liquids up to 4 hours prior to your test
- **DO NOT DRINK ANY LIQUIDS AFTER** \_\_\_\_\_
- NO Gum, NO Hard Candy, and NO Chewing Tobacco for 8 Hours Prior to Test,
- Nothing RED, BLUE OR PURPLE

### CLEAR LIQUID DIET:

- Coffee or tea with any sweetener – **no creamer**
- Clear fruit juices – apple, white grape or white cranberry
- Gatorade, other clear bottled drinks
- Any clear carbonated soft drinks - (7-UP, Sprite, etc.)
- Clear broth – Chicken, beef or vegetable
- Jello: orange, lemon, lime, pineapple or peach (nothing added)
- Water

**Please call the Endoscopy Clinic if you have any concerns about this process at (208) 625-4601.**

**\*\*\*\*\*Cancellations within 3 business days may be subject to a \$75.00 charge\*\*\*\*\***