





Martin Shill, MD

702.901.0673



Flexible Sigmoidoscopy: This examination has been recommended for you. This exam involves guiding a tubular, flexible, lighted instrument into the rectum and lower colon.

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

3-5 DAYS PRIOR	THE DAY OF PROCEDURE
<p>At pharmacy – No prescription needed Purchase the following: 2 (two) Fleet Enemas</p>   <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>Arrange for a driver on the day of your procedure – ONLY IF YOU ARE GOING TO BE SEDATED FOR THE PROCEDURE. Otherwise, you may drive yourself to and from the procedure.</p>	<p>YOU MAY HAVE CLEAR LIQUIDS UNTIL 2 HOURS BEFORE YOUR EXAM IF YOU ARE NOT BEING SEDATED. SEE APPROVED CLEAR LIQUID LIST BELOW</p> <p>***IF YOU ARE HAVING SEDATION – YOU MUST STOP CLEAR LIQUIDS 3 HOURS PRIOR TO YOUR EXAM!!</p> <p>All patients may take their essential morning medications with a few sips of water.</p> <p>IF YOU ARE INSULIN DEPENDENT – DO NOT TAKE YOUR MORNING DOSE OF INSULIN</p> <p>You must take your blood sugar before leaving home. If your blood sugar level is above 300, please take your Regular insulin according to your provider's instructions/sliding scale.</p> <p>-Please bring your insulin with you to the procedure center.</p> <p>2 HOURS PRIOR TO EXAM TIME: Take 2 (TWO) Fleet laxative type enemas. Follow the instructions on the package.</p> <p>REMEMBER: If you are going to be sedated – drinking liquids in the 3 (three) hour period prior to your exam will cause us to cancel or postpone your procedure! **Also no gum, hard candy, mints, or tobacco products in these 3 (three) hours</p>



CLEAR LIQUIDS APPROVED LIST -NO RED or PURPLE

Must be something you can see through...

- Gatorade or Powerade
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-aid or Crystal Light
- Fruit Juices (NO PULP)
- Jell-o, Popsicles, or Italian Ice



DON'T FORGET – these foods are NOT ALLOWED!

- Milk or Milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit, or Tomato Juice
- Creamed soups or any soup other than broth
- Oatmeal or Cream of Wheat
- Pudding or yogurt

