

## 5 days prior to your procedure

Go to your pharmacy and purchase:

Two (2) saline enemas (example: Fleets). **These are over-the-counter items.**



## 11 pm the night before your procedure

Discontinue all intake with the exception of clear liquids. Examples of common clear liquids: water, broth, juices (no pulp), coffee or tea (without milk or creamer), gelatin, popsicles, carbonated beverages.

- **NO SOLID OR SOFT FOODS**
- **NO ALCOHOL**
- **NO RED OR PURPLE COLORED LIQUIDS**



## Procedure day

**If you take Diabetic medications::**

- DO NOT take diabetes pills or long acting Insulin.
- Short acting insulin is okay if you use a sliding scale.
- If your blood sugars are low: Drink a clear liquid such as a soft drink or apple juice.

## 2 hours before your procedure

- STOP drinking clear liquids. **Take your routine medications with a small sip of water.**

**Anti-coagulations are an exception (please refer to separate pamphlet).**

- You may brush your teeth and shower prior to leaving home.
- Do not wear any jewelry or bring any valuables with you.
- Plan to be at the Vancouver Clinic Ambulatory Surgery Center for 2-3 hours.

## 90 minutes before your arrival

Administer one (1) saline enema. Follow the instructions on the package. Try to retain the solution for 10-15 minutes before allowing it to pass.



## 60 minutes before your arrival

Administer one (1) saline enema. Again, try to retain the solution for 10-15 minutes before allowing it to pass. There may be less stool, and possible only liquid passed.

**If there is stool present in your rectum, you may be asked to administer another enema prior to your procedure.**

# Flexible Sigmoidoscopy Prep Instructions

Read these instructions at least 5 days prior to procedure.

You must have an adult drive you home. Taxis are not allowed unless you have an adult with you. If you need help with a ride, call 360-397-3430. To cancel or reschedule your appointment please call **360-397-3805**.

Procedure Date: \_\_\_\_\_  
Dr. \_\_\_\_\_

Your procedure may be postponed if:

- Your bowels are not clean
- You don't have a driver over 18 years of age
- You eat or drink after the time you have been instructed to stop

You will receive a nurse call 7 days prior to your procedure. Your procedure time may change even on the day of your procedure. Please read all instructions **prior** to the nurse call.

You will receive an automated call or text with your arrival time 3 business days prior to procedure. If you are not signed up for the automated option you will receive a call 2 business days prior to procedure with your check-in time. Your procedure and arrival time are **not** available to view on MyChart.

**Vancouver Clinic's Ambulatory Surgery Center is at our 87th Avenue location**

700 NE 87th Avenue, Suite 320, Vancouver, WA, 98664

**Bowel preparation is very important. Please read these instructions carefully.**

On the day of your procedure

- You may take your routine medications with a small sip of water.
- Diabetes medications or anti-coagulants are an exception.
- You may brush your teeth and shower prior to leaving home.
- Do not wear any jewelry or bring any valuables with you.
- During the procedure you will receive sedation (unless you request otherwise) through an IV.
- Your physician will discuss any findings of your procedure with you in recovery and you will receive a copy of your procedure note to take home with you.
- If biopsies are taken or polyps removed, you will receive a letter or MyChart message in 2-3 weeks.
- Your procedure may not be where your office appointment was.

