



# SYRACUSE ENDOSCOPY ASSOCIATES, LLC

739 IRVING AVE, SUITE 420, SYRACUSE, NY 13210

WWW.SYRACUSEGASTRO.COM

(315) 234-6677

## SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

### PREP INSTRUCTIONS:

- THE NIGHT BEFORE YOUR EXAM: **Do not eat or drink** anything after midnight.
- If you are scheduled for an afternoon exam, you may have clear liquids only **up until 4 hours prior** to your arrival time.
- **THE DAY OF YOUR EXAM:** You will need to use two (2) Fleet Enemas in order to cleanse your lower intestine.
  - TWO (2) HOURS BEFORE YOUR ARRIVAL TIME: USE THE FIRST ENEMA.**
  - 30 MINUTES BEFORE YOU LEAVE FOR YOUR APPOINTMENT: USE THE SECOND ENEMA.**

### Clear Liquids include:

Water  
 Clear fruit juices (no red or purple)  
 Bouillon  
 Jell-O (no red or purple)  
 Ginger ale  
 Gatorade (no red or purple)  
 Kool-Aid (no red or purple)  
 Seven-Up  
 Popsicles (no red or purple)  
 Tea (no milk)

### What you can NOT eat/drink

No Solid food  
 No Milk or milk products  
 No red or purple dyes  
 No alcohol

Appt. Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure time: \_\_\_\_\_

**Please report to:**  
**739 Irving Ave, Suite 420**  
*Syracuse Endoscopy Associates*  
*CNY Medical Center*

### **OFFICE USE:**

Diabetic	Y	N
MRSA - who diagnosed/when?	Y	N
VRE	Y	N
ESBL	Y	N
Active C-diff	Y	N
Pacer/Defib - copy pacer card, who is cardiologist	Y	N
Blood Thinners - name and who is prescribing doctor	Y	N
Clotting Disorder?	Y	N
Translator needed?	Y	N
Oxygen? How many liters?	Y	N
Malig. Hypothermia	Y	N



**SEE BACK FOR MORE INSTRUCTIONS**

## General instructions:

- If you are Diabetic, please contact the physician that manages your diabetes. They will give you instructions for adjusting your medications for the prep. Let your physician know you will not be eating/drinking anything after midnight.
- GLP-1 medications: Trulicity (Dulaglutide), Bydureon BCise (Exenatide), Ozempic (Semaglutide), Wegovy (Semaglutide), Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), and Rybelsus (Semaglutide).
  - ⇒ If you are taking a GLP-1 medication on a daily basis you will need to skip your dose the day of the procedure.
  - ⇒ If you are taking a GLP-1 medication on a weekly basis you will need to skip your dose the week before your procedure.
- Take all medications for your heart or blood pressure the morning of the test, with a sip of water. Do **NOT** take any diuretics (water pills). Examples: Furosemide (Lasix), Hydrochlorothiazide (HCTZ), Diuril, Aldactone.....
- If you take blood thinners (Aspirin, Coumadin, Plavix, etc. ), please be sure we are aware of this. We will contact your prescribing doctor for specific instructions.
- **Seven (7) days** before do not take Phentermine (weight loss pills such as Adipex-P, Lomaira, Qsymia, etc.). Stop any iron pills, multivitamins, Vitamin A & E, fish oil, herbal medicines, and Carafate/sucralfate.
- **Two (2) days** before do not take any Viagra (Sildenafil), Cialis (Tadalafil), or any erectile dysfunction medications.
- **Two (2) days** before your procedure, no recreational drugs (marijuana, etc...)
- If you have had **COVID** in the 2 months prior to your procedure please let the office know before your appt.
- **You will not be allowed to drive after your procedure OR for the rest of the day.** Please arrange for a responsible adult to drive you home. If it is necessary for you to use a Taxi or Uber, you still **MUST** have a responsible adult, like a family member or friend, accompany you on the drive home.
- To insure it is available, **go to your pharmacy at least 5 days prior to your appointment and purchase Fleet Enemas.**