



# SYRACUSE ENDOSCOPY ASSOCIATES, LLC

5000 CAMPUSWOOD DRIVE #100, EAST SYRACUSE, NY 13057

WWW.SYRACUSEGASTRO.COM

(315) 234-6677

## SIGMOIDOSCOPY (FLEX SIG) PREPARATION INSTRUCTIONS

(IMPORTANT: Make sure to read the back of this paper as well.)

- **Eight (8) hours prior to your arrival time:** NO Broth. NO solid foods. NO milk or milk products. NO red or purple dyes. NO coffee. NO alcoholic beverages or beer. You can continue the clear liquids for four (4) more hours. Clear liquid examples: Water, clear fruit juices (apple, white grape, white cranberry), 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).
- **Four (4) hours before your arrival time:** Stop all clear liquids. No gum chewing, no hard candy, and no chewing tobacco.
- Take your medications with a sip of water, at least two hours before your arrival time.
- Take all medications for your heart or blood pressure the morning of the test, with a sip of water.
- **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.**
- Bring with you: current medication list, photo ID, insurance cards, and the questionnaire.
- **You will not be allowed to drive after your procedure or the remainder 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.
  - If your appointment is at 2:00 or later we require that your driver stay in the waiting room during your procedure. Taxis and Ubers can NOT be used for these late day appointments.
- 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.
- If you have a pacemaker or defibrillator, please be sure the office is aware.
- If you have had COVID within the month prior to your procedure please call the office.
- **Please call the office if you have had any new symptoms, diagnoses, medications, surgeries, or hospitalizations since we last spoke with you.**

Diabetic ON INSULIN	Y	N
MRSA or VRE- who diagnosed/when?	Y	N
C-DIFF test ordered	Y	N
Pacer/Defib - copy pacer card, who is cardiologist?	Y	N
Blood Thinners - name and who is prescribing dr?	Y	N
Clotting Disorder?	Y	N
Translator needed?	Y	N
Oxygen? How many liters?	Y	N
Malign. Hyperthermia	Y	N
On Dialysis (must be RCC)	Y	N
Had COVID in last month	Y	N
Patient has meds to hold	Y	N

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

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

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

### Please report to:

Syracuse Endoscopy Associates  
**NEW LOCATION!**  
5000 Campuswood Drive #100  
East Syracuse, NY 13057

**ONE WEEK PRIOR** to your appointment, you will receive a phone call from the endoscopy suite. **YOU MUST SPEAK WITH THEM** or your procedure may be cancelled. Jennifer's number is 234-6679

 SEE BACK FOR MORE INSTRUCTIONS

AUGUST 2025

To insure it is available, go to your pharmacy at least 5 days prior to your appointment and purchase Fleet Enemas.

## Medications that need to be held prior to your procedure:

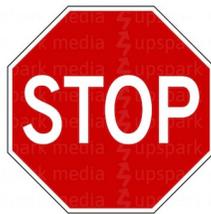
### DO NOT TAKE 7 DAYS PRIOR:

Phentermine (Adipex-P, Suprenza)  
Phentermine/Topiramate (Qsymia)  
Orlistat (Xenical, Alli)  
Lorcaserin (Belviq)  
Diethylpropion  
Methamphetamine (Desoxyn)  
Liraglutide (Saxenda)  
Benzphetamine (Didrex, Regimex)  
Phendimetrazine (Bontril PDM)  
Carafate  
Iron  
Multivitamins  
Herbal meds  
Fish oil  
Vitamins A&E

### DO NOT TAKE 2 DAYS PRIOR:

Lisdexamfetamine (Vyvanse)  
Dextroamphetamine & Amphetamine (Adderall)  
Any ADHD medications  
Sildenafil (Viagra)  
Tadalafil (Cialis)

No Marijuana or recreational drugs



If you are a diabetic patient, please call the doctor that manages your diabetes and let them know you will be prepping for a colonoscopy.

Advise them of the medication changes you need to make and work with your doctor on how to manage your blood sugar during your prep time.

## DIABETIC AND WEIGHT LOSS MEDICATIONS

The following medications **MUST BE STOPPED** as instructed below

### GLP-1 MEDICATIONS

- 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.

Trulicity (Dulaglutide)  
Bydureon BCise or Byetta (Exenatide)  
Ozempic, Wegovy or Rybelsus (Semaglutide)  
Saxenda or Victoza (Liraglutide)  
Adlyxin or Lyxumia (Lixisenatide)  
Mounjaro or Zepbound (Tirzepatide)  
Soliqua (Insulin glargine/Lixisenatide)  
Beinaglutide  
PEG-loxenatide

### SGLT2 MEDICATIONS

- Hold these medications for 3 days

Jardiance (Empagliflozin)  
Brenzavvy (Bexagliflozin)  
Invokana (Canagliflozin)  
Farxiga or Xigduo (Dapagliflozin)  
Inpefa (Sotagliflozin)  
Suglat (Ipragliflozin)  
Invokamet (Canagliflozin plus Metformin HCl)  
Synjardy (Empagliflozin plus Metformin HCl)  
Qtern (Dapagliflozin and Saxagliptin)

Steglatro (Ertugliflozin) • Hold this medication for 4 days