

Sigmoidoscopy preparation instruction

What supplies do I need to prepare in advance?

Purchase 4 Dulcolax (Bisacodyl OTC 5 mg) tablets and 2 (two) sodium phosphate enemas at your local pharmacy. You will not need a prescription. One common brand is Fleet®. Follow the instructions below carefully to ensure a successful exam.

What are my instructions for taking medicines and preparing for my procedure?

7 days before your sigmoidoscopy:

- If you take aspirin or NSAIDs, such as Advil, Motrin, Celebrex, or ibuprofen, you may continue to take them as usual.
- If you take a blood thinner, such as Plavix, Pradaxa, Clopidogrel, Coumadin, warfarin, Effient, Prasugrel, or Lovenox, ask your health care provider for specific instructions.
- You may continue to take Tylenol (acetaminophen), if needed.
- If recommended by your doctor, you may continue taking Aspirin (for cardiovascular conditions)

Day before your sigmoidoscopy:

consume 4 Dulcolax (Bisacodyl OTC 5 mg) tablets after a light dinner.

Day of your sigmoidoscopy:

No Food or drink after midnight the night before

- You may take all of your morning medicines (except for oral diabetes medicine – pills) as usual with water up to 4 hours before your procedure.
- If you take oral diabetes medicine (pills) for your diabetes: do not take the medicine the morning of your procedure.

4 hours before your procedure:

- Stop chewing gum
- Stop drinking everything, including all clear liquids

90 minutes before you leave home for the procedure:

Administer the two enemas. Follow these insertion directions:

1. Lie on your left side.
2. Remove the cap from the tip of the enema bottle.
3. Insert the tip of the enema bottle gently into your rectum, about four inches.
4. Slowly squeeze the entire contents of the bottle into your rectum.
5. Hold the fluid inside of you for about 15 minutes, if possible.
6. Sit on the toilet and expel the fluid.
7. Immediately repeat steps 1–6 for the second enema.

Bring a list of all of your current medicines with you, including any over-the-counter medicines.

If you have any questions or concerns, please call our office at (925) 384-9276