

Flexible Sigmoidoscopy Prep (with Miralax and Tap Water Enemas)

The following instructions will help you prepare for your flexible sigmoidoscopy. These instructions also apply to lower endoscopic ultrasound (EUS). **Please read all instructions in this packet at least 1 week prior to your procedure.**

Date:

Procedure time:

Arrival time:

Physician:

Location:

Please note that procedure times are not exact and unexpected delays may occur.

Transportation

- This procedure may be done with or without sedation.
- If you choose to have sedation, you must arrange a ride home before the day of your procedure. After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation.

Cancellation/No Show Policy for Procedures

- Scheduling time for procedures requires planning and coordination between the staff, doctors, and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in a timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 7 days prior to procedure.
- If you have your menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.
- If a procedure is not cancelled **at least 7 days in advance**, you will be charged a one-hundred-dollar (\$100) fee. This fee is NOT covered by your insurance company.

Medication Concerns

- If you use **antiplatelets or anticoagulants** such as apixaban (Eliquis), clopidogrel (Plavix), dabigatran (Pradaxa), dipyridamole (Persantine), edoxaban (Savaysa), prasugrel (Effient), rivaroxaban (Xarelto), ticlopidine (Ticlid), or warfarin (Coumadin), contact your prescribing physician.
- If you use dulaglutide (Trulicity), exenatide (Bydureon, Bydureon BCise, Byetta), liraglutide (Saxenda, Victoza, Xultophy), lixisenatide (Adlyxin, Soliqua), semaglutide (Ozempic, Rybelsus, Wegovy), or tirzepatide (Mounjaro, Zepbound), skip 1 dose prior to your procedure.
- If you take ertugliflozin (Steglatro), stop this medication 4 days before your procedure.
- If you take canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance), stop these medication 3 days before your procedure.
- If you take metformin (Fortamet, Glucophage, Glumetza, Riomet), glimepiride (Amaryl), glipizide (Glucotrol), or glyburide (Diabeta, Glycron, Glynase, Micronase), stop these medication 1 day before your procedure.
- Stop taking **iron supplements** and **fiber supplements** 5 days prior to procedure.
- Continue taking daily aspirin if prescribed.

Preparation Instructions

You will need the following:

- One bottle or packet of Miralax — Available over the counter.
- One water enema kit — Available over the counter.

1 day before procedure (before 5 p.m.)

- You may have a normal breakfast and lunch.

Evening before procedure (between 5–9 p.m.)

- Begin a clear liquid diet. Clear liquids include water, fruit juices without pulp (apple or white grape juice), carbonated drinks (ginger ale, seltzer, sodas), gelatin, tea or coffee (without milk or cream), sports drinks, fat-free broth, bouillon, frozen juice popsicles.
- Avoid red or purple liquids.
- Take 1 capful or 1 packet (17 grams) of Miralax mixed with 8 oz of liquid.
- Drink 3 large glasses (8–10 oz) of clear fluids over the next 2 hours.

Morning of procedure

- Have clear liquids only for breakfast.
- Avoid red or purple liquids.
- Administer 2 tap water enemas at least 2 hours before your scheduled procedure time.
- If there is a large amount of solid or semi-solid stool present at the end of the second enema, you should administer a third tap water enema.
- If you are having this procedure done with sedation, **finish clear liquids at least 3 hours before procedure.**