

Preparation for FLEXIBLE SIGMOIDOSCOPY

For patients who take a prescription blood thinner or anticoagulation therapy (such as Aggrenox, Brilinta, Coumadin, Effient, Eliquis, Plavix, Pradaxa, Xarelto), it is important that you obtain a time frame for holding these medications before you leave our office. These time frames vary based on the drug and may need to be replaced with injectable blood thinner (Lovenox)

****If you have had a recent cardiac or vascular stent, do not stop blood thinner without consulting with your cardio/vascular surgeon. IF you had a blood clot in the lungs (pulmonary embolism)., it is very important to use Lovenox as a bridge.**

For 5 days prior to the procedure, please do not take Iron, vitamins with iron, or fish oil.

PLEASE DO NOT STOP TAKING 81MG ASPIRIN BEFORE THE PROCEDURE.

DAY BEFORE THE EXAM

BEGIN CLEAR LIQUIDS AT NOON. (CLEAR LIQUIDS INCLUDE CLEAR FRUIT JUICES, WATER, CLEAR BROTH, COFFEE, TEA, GATORADE, SOFT DRINKS, JELL-O, AND POPSICLES. **NOTHING RED, BLUE, OR PURPLE AND NO MILK PRODUCTS**

AT 4:00PM MIX ABOUT 117G OF MIRALAX WITH 32 OUNCE OF CLEAR LIQUID AND DRINK THIS UNTIL IT IS GONE. YOU CAN CONTINUE TO DRINK UNTIL MIDNIGHT.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

MORNING OF THE EXAM

***Use a FLEET enema at least 2 hours prior to arrival for your procedure. You may take your meds with a sip of water at this time.**

Call us at 864-224-8689 if you have any questions.