

## Flexible Sigmoidoscopy (Flex Sig) Enema Bowel Prep Instructions

This page is a timeline of how to prepare for your procedure. If you still have questions after reading all the instructions in this document, please call the clinic Monday-Friday 8:00am-5:00pm at (509) 755-5220 option 2.

<b>When scheduling procedure</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>For your safety, certain medications will need to be stopped or adjusted before you can have your procedure. Please read and follow instructions for medications outlined on page 2.</b></li> <li><input type="checkbox"/> You <b>MUST</b> arrange for a responsible adult to drive you to the endoscopy center, check in with you, and be able to return within 15 minutes of a phone call to drive you home and be available to stay with you after you receive sedation. <b>You will need to be rescheduled if you don't have an adult to accompany you to and from your procedure.</b></li> </ul>
<b>8 days Prior to Procedure</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hold weekly dosing GLP-1 medications. You must be off these medications for a full 7 days.</li> <li><input type="checkbox"/> Stop taking iron supplements, fish oil, vitamin E, fiber supplements, and other vitamins</li> </ul>
<b>3 days prior to procedure</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hold SGLT-2 oral antihyperglycemic Type 2 diabetes medications (see page 2)</li> <li><input type="checkbox"/> Confirm your responsible adult driver that will drive you to and from your procedure and stay with you after you receive sedation. You cannot drive for 24 hours after receiving sedation.</li> </ul>
<b>The day before procedure</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hold daily dosing GLP-1 medication. You must be off these medications for a full 24 hours. (see page 2)</li> <li><input type="checkbox"/> <b>Follow a clear liquid diet today (see page 3). Do NOT eat any solid foods.</b></li> <li><input type="checkbox"/> You may continue to drink water and other clear liquids overnight and up until 2 hours prior to your check in time. See list of approved clear liquids on page 3.</li> <li><input type="checkbox"/> Purchase 2 over-the-counter enemas (4.5 fl oz bottles). You will use these before your procedure tomorrow.</li> </ul>
<b>Day of Procedure</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 6 Hours prior to check-in, stop the use of <b>ALL</b> smokeless tobacco products</li> <li><input type="checkbox"/> You can continue to follow a clear liquid diet up until 2 hours prior to check-in.</li> <li><input type="checkbox"/> <b>2 hours prior to check-in, do not take anything by mouth. Do not drink any fluids, chew gum, candies, mints, tobacco etc., or your procedure could be canceled.</b></li> <li><input type="checkbox"/> <b>1 hour before leaving your house to check in for your procedure, open the enema bottles, dump out the medicated fluid inside, and refill the bottles with warm tap water. Follow the instructions on the enema packaging to administer the enemas one at a time. Try to retain the water inside your body for as long as you can each time.</b></li> </ul> <p style="text-align: center;">When you arrive, please check in with the registration desk to obtain an armband and they will direct you to the location of the endoscopy center.</p>

### What does NPO mean and why is it important?

NPO means “nothing by mouth”. This means no sips, no drinks, no gum, no candies, no mints, no ice chips, no tobacco, absolutely nothing by mouth after the instructed NPO time. It refers to the time before a procedure during which you CANNOT eat or drink anything to ensure there is no fluid in your stomach. This is important

# Flexible Sigmoidoscopy (Flex Sig) Enema Bowel Prep Instructions

for your safety during your colonoscopy and to avoid a rare complication known as aspiration pneumonia which can lead to hospitalization. Please help us keep you safe during your procedure and prevent complications by following the NPO times written in these instructions.

## Medications:

You can take most of your regularly prescribed medications up to the day of your procedure, unless told otherwise by a provider or pre-procedure nursing.

Iron supplements, fish oil, vitamin E, fiber supplements, and other vitamins need to be stopped 7 days before your EGD because they impair visualization of the digestive tract lining.

## Blood Thinners

- Blood thinners may need to be temporarily stopped prior to your procedure. The length of time you will need to be off your medication depends upon which drug you are taking. **For your safety, please reach out to your prescribing provider at least 2 weeks before your procedure for guidance on how to safely adjust your blood thinning medication.** For your safety, do not stop taking these medications without first speaking to the prescribing doctor.
- Aspirin 81-325 mg/day is safe to take up to and after your procedure
- If you have questions about holding your blood thinning medication, please contact the pre-call RN at your endoscopy center: **Deaconess Endoscopy 509.603.4877 option 3, Valley Endoscopy 509.603.5423 option 3**

## Diabetes Medications and Blood Sugar Management

- Please contact the prescriber of your diabetic medications for guidance on adjusting your medications and managing your blood sugars while you are preparing for your procedure.
- GLP-1 medications need to be stopped before your procedure as outlined in the GLP-1 section below. Please speak with your prescribing provider for guidance on blood sugar management while needing to be off these medications.
- SGLT-2 are a group of oral antihyperglycemic medications used to treat Type 2 diabetes. Examples of SGLT-2 medications are canagliflozin (Invokana), dapagliflozin (Farxiga), empagliflozin (Jardiance), and ertugliflozin (Steglatro). **These medications need to be held for a minimum of 72 hours before your procedure.**
- Check your blood sugar frequently while on the clear liquid diet and during the prepping process.
- It is a good idea to have some non-diet clear liquids, such as apple or white grape juice on-hand in case your blood sugar drops.

## GLP-1 and Weight Management Medications

GLP-1 medications can decrease the rate at which the stomach becomes empty and increase the risk of aspiration during a procedure. For your safety, please follow the guidelines below for holding these medications. Medications in the GLP-1 drug class include: Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza), Lixisenatide (Adlyxin), Semaglutide injection (Ozempic), Semaglutide tablet (Rybelsus), Tirzepatide (Mounjaro).

- If you take it daily, hold the GLP-1 medication 1 day prior to the procedure, you need to be off this medication for a full 24 hours. You can resume the medication after the procedure.

## Flexible Sigmoidoscopy (Flex Sig) Enema Bowel Prep Instructions

- If you take it once a week, hold the medication starting 7 days prior to the procedure, you will need to be off this medication for a full 7 days. Example: if you take your GLP-1 injection on a Monday, the earliest you can have your procedure is the following Tuesday. You can resume the medication after the procedure.

### Approved Clear Liquid Diet Guideline

**Foods OK to eat and drink on a clear liquid diet:** Water, apple juice, white grape juice, white cranberry juice, fruit juices without pulp, **Fat-Free broth (NO bone broth)**, plain Jell-O or gelatin, plain clear popsicles, clear carbonated beverages, clear sports drinks, , coffee or tea (without milk or creamer), powdered or liquid water enhancers such as Crystal Light. Please try to drink as many fluids as possible while prepping to avoid dehydration. **If you cannot see through it, then it is not a clear liquid!**

**Do not drink RED, BLUE, or PURPLE colored liquids or Jello/Gelatin**

**Do not drink any dairy products, nut milk, coffee creamers, opaque liquids or alcohol of any kind.**

Patient safety is our top priority at MultiCare and we want to perform your procedure in the safest way possible. It is for your safety that you follow all the instructions outlined in this document. Failure to follow these instructions may result in the need to reschedule your procedure.

### How to contact us

- If you have any questions or concerns about the prepping process, please call the MultiCare Rockwood Digestive Health Clinic at 509.755.5220, option 2 Monday-Friday 8:00am-5:00pm.
- If you need to cancel or reschedule your procedure for any reason, please call the MultiCare Rockwood Digestive Health Clinic at 509.755.5220, option 2 for scheduling.
- For questions regarding prepping for your procedure, check in times, hospital visitor restrictions, directions to the endoscopy centers, or questions about your procedure, please call your assigned endoscopy center.

#### **Deaconess Hospital Endoscopy**

910 W 5<sup>th</sup> Ave, suite 500  
Spokane, WA 99204

**509.603.4877 option 2**

#### **Valley Hospital Endoscopy**

12606 E Mission Ave  
Spokane Valley, WA 99216

**509.603.5423 option 2**

**If you develop cold/flu like symptoms, a cough, chest congestion, fever or test positive for Covid or Influenza prior to your procedure date, please call our office at 509-755-5220. Unfortunately, you may need to be rescheduled.**