

Sigmoidoscopy/Pouchoscopy Instructions

Please read these instructions carefully at least 2 weeks prior to your procedure

****Important: These instructions are time-sensitive****

- **Blood thinners** such as Coumadin (warfarin), Lovenox (enoxaparin), Eliquis (apixaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Plavix (clopidogrel), Brilinta (ticagrelor), Effient (prasugrel) may need to be held prior to your procedure. We will work with the provider who manages your blood thinner to create a plan for you. If you do not receive a plan 1 week prior to your procedure, please call the office.
- Do not stop **Aspirin** prior to your procedure unless instructed.
- **Diabetic Medications:** Contact your primary care doctor regarding the adjustment of your diabetic medications prior to your procedure.
- **SGLT-2 inhibitors** including Jardiance (empagliflozin), Farxiga (dapagliflozin), Invokana (canagliflozin), Brenzavvy (bexagliflozin) should be stopped **3 days** prior to your procedure. Any medications containing Ertrugliflozin (Steglatro, Segluromet, Steglujan) should be stopped **4 days** prior to your procedure.
- **GLP-1 Medications** (for weight loss or diabetes) should be stopped **7 days** prior to your procedure: These include Ozempic, Wegovy, Rybelsus (semaglutide), Mounjaro, Zepbound (tirzepatide), Trulicity (dapaglutide), Victoza, Saxenda (liraglutide).
- **Blood pressure, non-NSAID pain, anti-anxiety, and/or thyroid medications:** Please take your morning dose with a sip of water on the morning of your procedure AT LEAST 4 HOURS prior to your procedure.
- **Anti-inflammatory Medications (Advil, Motrin, Aleve, Ibuprofen):** Stop taking **5 days** prior to procedure
- **Birth control pills:** Take in the morning before you begin preparation as the colonoscopy prep may interfere with absorption of the pill. Resume your pill as usual after your procedure.
- **No alcohol, marijuana, tobacco, vaping products or other recreational drug use** on the day before or day of your procedure to avoid complications with anesthesia.
- Please contact the endoscopy unit if you have had any **recent infections, cardiac/lung problems, or other major change to your health** as any of these issues may require rescheduling of your procedure
- Please **do not wear perfumes or body lotions** on the day of your procedure.
- Arrange to have an **adult age 18+ drive you** to your test and be there to drive and/or accompany you home after you are done. Uber/Lyft/ Taxi are allowed ONLY if you have a responsible family member or friend (other than the driver) to accompany you.
- You should plan to spend at least **2 hours** at the facility.
- **Day of procedure you will need to bring the following:**
 - 1) Insurance card
 - 2) Photo ID
 - 3) List of current medications and dosages
 - 4) Someone you trust to accompany you home

Important Phone Numbers:

Brown Health Gastroenterology Offices: 401-606-4260
Brown Medicine Endoscopy Center: 401-649-4970
Rhode Island Hospital Endoscopy Unit: 401-444-5038

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What You Will Need To Buy:

- **Two (2) adult fleet enemas**
- You can find these at a pharmacy or market. You do not need a prescription.
- Please carefully read the instructions on the package and call our office if you have any questions.

1-Day Before Your Sigmoidoscopy or Pouchoscopy

- The night before your procedure, have a **clear liquid dinner and do not eat solid food again until after your procedure.**
- **Clear liquids are those you can see through** – examples include apple juice, white cranberry juice, clear broth, popsicles, Jello, ginger ale, coffee/tea WITHOUT milk or cream. **Avoid liquids that are red, blue, or purple (including popsicles).**

Day of Your Sigmoidoscopy or Pouchoscopy

- **3 hours before your procedure, do 1 (one) Fleet enema.** Follow the instructions on the package, try to hold the enema in for at least a few minutes.
- **2 hours prior to your procedure, repeat the process with a second Fleet enema**
- You may take your regular medications (unless otherwise instructed) and clear liquids up to 4 hours before your procedure time.
- **Stop all oral intake 4 hours before your procedure:** this includes liquids, meds, chewing gum, mints, hard candy.

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