

1. These instruction sheets contain key information on how to prepare for your flexible sigmoidoscopy procedure. **If you have any questions, contact the GI office at 415-502-4444, gi@ucsf.edu or visit. <http://endo.ucsf.edu>.**
2. Please read and follow all instructions provided by the UCSF GI Clinic at least 7 days in advance. Do not follow instructions from other sources, including your prescription unless specifically designated by the ordering doctor.
3. Your **bowel prep consists of two over-the-counter medicines: 1 (one) bottle of Miralax and 2 (two) fleet enemas. Please purchase Miralax (the small 4.1 oz bottle is ok) and fleet enemas from your pharmacy prior to your flexible sigmoidoscopy.**
4. Please be aware that all patients need a ride home following the procedure. No driving or important decisions should be made the rest of the day.
5. If you plan to cancel your procedure, please notify us 7 days in advance.

Before your procedure adjust your medication as follows:

STOP:	STOP:	Ok/Approved to Take:
<ul style="list-style-type: none"> ○ Rivaroxaban (Xarelto®), Apixaban (Eliquis®), Dabigatran (Pradaxa®), Enoxaparin (Lovenox®) – 1 day before ○ Canagliflozin (Invokana®), Dapagliflozin (Farxiga®) and Empagliflozin (Jardiance®) – 3 days before ○ Warfarin (Coumadin®) – 4 days before 	<ul style="list-style-type: none"> ○ Clopidogrel (Plavix®) or Ticagrelor (Brilinta®) – 5 days before ○ Iron containing tablets – 5 days before ○ Ibuprofen, Naproxen (Anaprox, Naprelan, Naprosyn, Aleve) – 5 days before ○ Prasugrel (Effient®) – 7 days before 	<ul style="list-style-type: none"> ○ Blood pressure and heart medication ○ Inhalers ○ Diabetes medication ○ Aspirin

SPECIAL NOTE ABOUT DIABETES/WEIGHT LOSS MEDICATIONS:

Semaglutide (Ozempic, Rybelsus), Dulaglutide (Trulicity), Exenatide (Bydureon, Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin)

- If you take these once per week → Do not take the dose 7 days before your procedure
- If you take these once per day → Hold the dose the day before your procedure
- If you take these twice daily → Hold the evening dose the day prior to you procedure

Contact your primary care provider (PCP) if you have specific questions about medicines you take. Visit ucsf.logicnets.com for more information about diabetes medication management before your procedure.

The day before the procedure it is ok to eat breakfast. After breakfast, maintain a clear liquid diet.

STOP:



- All Solid foods

Ok/Approved to Take:



- Water/coconut water
- Coffee/tea without milk
- Sports drinks (i.e., Gatorade)
- Honey & sugar
- Clear juices/broth
- Gelatin/popsicles

The Day Before Your Flexible Sigmoidoscopy:

TIME:

12 – 2 pm

6 – 8 pm

The day before your procedure.

WHAT TO DO:

Drink 2 (two) scoops or packets of Miralax mixed with 8 oz of water

Drink an additional 2 (two) scoops or packets of Miralax mixed with 8 oz of water

- You must complete the entire bowel cleanser in order to properly clean out your colon for the exam.
- You may continue drinking clear liquids up to 2 hours before procedure arrival time, **NO FOOD**

The Day of Your Flexible Sigmoidoscopy:

TIME:

2 (two) hours before your appointment time

WHAT TO DO:

Use 2 (two) **Fleets enema**. Space the enemas 30 (thirty) minutes apart

NO FOOD OR LIQUIDS

Double check your appointment location—there are three locations in San Francisco:Parnassus Endoscopy

505 Parnassus Avenue
1st Floor, L103
San Francisco, CA 94143

Mount Zion Endoscopy

1600 Divisadero Street
1st Floor, B123
San Francisco, CA 94115

Mission Bay Endoscopy

1855 4th Street
2nd Floor
San Francisco, CA 94158

If you have questions, please visit our endoscopy website at <http://endo.ucsf.edu/>.

Transportation Reminder

- Your ride/responsible adult must be readily available to pick you up when called. This is usually within 2-3 hours after your arrival to the unit.
- Public transportation or taxi/uber/lyft rides are not allowed unless you have a responsible adult accompanying you home with you.
- Unfortunately, if you are not able to secure a ride/responsible adult, we will need to cancel the procedure, and reschedule it at another time.