

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

#### 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](http://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  
1<sup>st</sup> Floor, L103  
San Francisco, CA 94143

Mount Zion Endoscopy

1600 Divisadero Street  
1<sup>st</sup> Floor, B123  
San Francisco, CA 94115

Mission Bay Endoscopy

1855 4th Street  
2<sup>nd</sup> 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.