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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. <u>http://endo.ucsf.edu</u>.

2. Please read and follow <u>all</u> instructions provided by the UCSF GI Clinic <u>at least 7 days</u> <u>in advance</u>. 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 <u>7 days in advance</u>.

STOP:		S	STOP:		Ok/Approved to Take:	
0	Rivaroxaban (Xarelto®), Apixaban (Eliquis®), Dabigatran (Pradaxa®), Enoxaparin (Lovenox®) – 1 day before	0	Clopidogrel (Plavix®) or Ticagrelor (Brilinta®) – 5 days before Iron containing tablets – 5 days before	0 0 0	Blood pressure and heart medication Inhalers Diabetes medication	
0	Canagliflozin (Invokana®), Dapagliflozin (Farxiga®) and Empagliflozin (Jardiance®) – 3 days before	0	Naprelan, Naprosyn, Aleve) – 5 days before	0	Aspirin	
0	Warfarin (Coumadin®) – 4 days before	0				

Before your procedure adjust your medication as follows:

SPECIAL NOTE ABOUT DIABETES/WEIGHT LOSS MEDICATIONS:

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

- $\circ~$ If you take these once per week ightarrow Do not take the dose 7 days before your procedure
- \circ If you take these once per day ightarrow Hold the dose the day before your procedure
- \circ $\:$ If you take these twice daily \rightarrow 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 <u>ucsf.logicnets.com</u> for more information about diabetes medication management before your procedure.

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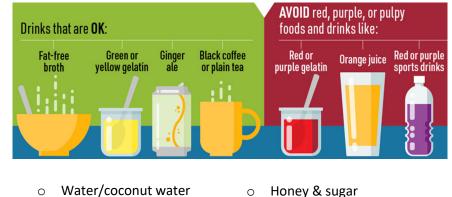
The day before the procedure it is ok to eat breakfast. After breakfast, maintain a clear liquid diet.

STOP:



All Solid foods 0

Ok/Approved to Take:



0

- Honey & sugar 0
- Coffee/tea without milk Clear juices/broth 0
- Sports drinks (i.e., Gatorade) 0
- Gelatin/popsicles

The Day Before Your Flexible Sigmoidoscopy:

TIME:	WHAT TO DO:
12 – 2 pm	Drink 2 (two) scoops or packets of Miralax mixed with 8 oz of water
6 – 8 pm	Drink an additional 2 (two) scoops or packets of Miralax mixed with 8 oz of water
The day before your procedure.	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

0

The <u>Day of</u> Your Flexible Sigmoidoscopy:

TIME:	WHAT TO DO:
2 (two) hours <u>before</u> your appointment time	Use 2 (two) Fleets enema. Space the enemas 30 (thirty) minutes apart
	NO FOOD OR LIQUIDS

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Additional Information

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

Parnassus Endoscopy 505 Parnassus Avenue 1st Floor, L103 San Francisco, CA 94143 <u>Mount Zion Endoscopy</u> 1600 Divisadero Street 1st Floor, B123 San Francisco, CA 94115 <u>Mission Bay Endoscopy</u> 1855 4th Street 2nd Floor San Francisco, CA 94158

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

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 <u>not</u> 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.