

FLEXIBLE SIGMOIDOSCOPY PREPARATION

Date: _____

Arrival Time: _____

You will report for your procedure in the Central Massachusetts Ambulatory Endoscopy Center
(located in the middle office of the Center for Digestive Wellness building)

- Starting 3 Days Prior to Procedure: *Avoid eating nuts, popcorn, seeds, fruits, veggies, and leafy greens.* You may otherwise continue your normal diet up until:

You will need to begin a clear liquid diet the day prior to your procedure starting at 5:00PM

Examples:

Any kind of strained broth, water, flavored water, any kind of soda, Gatorade/sports drinks, fruit juices (without pulp), black coffee and tea, jello, popsicles.

If you can see through it, it is a clear liquid.

You will need:

Two (2) Fleet Enemas

Four (4) Dulcolax tablets

Instructions for prep

The evening before your procedure:

NO CHANGE IN DIET UNTIL 5:00PM. START CLEAR LIQUID DIET AT THIS TIME.

1. You will need to take two (2) Dulcolax tablets at 8:00PM.

The morning of procedure day (DO NOT chew gum or hard candy. DO NOT smoke or vape.):

You will need to take two (2) Dulcolax tablets, along with two (2) Fleet Enemas - be sure to take enemas 1-2 hours prior to procedure, spaced 30 minutes apart.

- NOTE: Remain on clear fluids all the way up until 4 hours prior to your procedure.
- You may have nothing by mouth within these 4 hours, including water. *
- You may take your medications (or bring them with you) **EXCEPT** oral diabetic medications -and take only half (1/2) of your scheduled insulin dosage.
- **Oral medications may be taken with a sip of water, unless otherwise specified by the doctor.**
- If taking Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Ozempic, Rybelsus, Mounjaro, or Wegovy, **stop 1 day before the surgery if taking daily** or, **if taking weekly, hold the week prior to surgery.**

Arrival Instructions

Report to: Central Mass. Ambulatory Endoscopy Center in the middle of the Center for Digestive Center building (middle door with a black floormat and a sign stating "PROCEDURES ONLY").
Phone #: 978-840-6767

THINGS TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

PHOTO ID (EXAMPLE: DRIVER'S LICENSE, PASSPORT)

INSURANCE CARD(S)

MEDICATION LIST

NAME & PHONE NUMBER OF YOUR DRIVER

EMERGENCY CONTACT NAME & PHONE NUMBER

ANY INHALERS YOU USE (IF APPLICABLE)

MASKS ARE OPTIONAL. VACCINATION CARDS ARE NOT REQUIRED.

Driver Instructions

⇒ Drivers cannot wait inside the building.

- You will be contacted at the phone # provided by the patient approximately 2-3 hours after the patient's arrival.
- A recovery nurse will call you about 20 minutes before the patient is ready to be discharged.
- Drive your vehicle up to the overhang on the left side of the building (the BJ's side).
- **Call 978-840-6363 to let the nurse know you arrived.** Remain in your vehicle. The patient will be walked out to the car.

⇒ **You will not be permitted to drive yourself home.** You may use these transport companies if traveling alone: The Butler Did It/Destination Express (978-407-5913) or Flow Transportation Services (978-602-5606). You can only take a cab/Uber/Lyft, MART, or medical transport (paid for by your insurance) if you are accompanied by a family member.

CENTER FOR DIGESTIVE WELLNESS

105 Erdman Way

Leominster, MA 01453

978-537-7552

www.centerfordigestivewellness.com