



Stony Brook  
Medicine

## Flexible Sigmoidoscopy Preparation Instructions

Name: \_\_\_\_\_

Physician: \_\_\_\_\_

Location: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Arrive at: \_\_\_\_\_

**Please note:** As a courtesy to other patients and to your doctor, please call (631) 444-5220 as soon as possible if you are unable to keep your appointment.



## AS SOON AS POSSIBLE

1. Make arrangements for a responsible adult to accompany you when leaving the procedure, even if taking public transportation. **Your procedure may be canceled if we cannot confirm your transportation on the day of the procedure. Taxi and Rideshare (Uber®, Lyft® etc.) drivers are not acceptable.**
2. If you take any medications that increase your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication before the procedure. The most common of these medications include but are not limited to:

Warfarin (Coumadin®)	Effient (Prasugrel®)
Clopidogrel (Plavix®)	Apixaban (Eliquis®)
Ticagrelor (Brilinta®)	Dabigatran (Pradaxa®)
Rivaroxaban (Xarelto®)	Enoxaparin (Lovenox®)

**You may continue taking aspirin unless otherwise instructed**

3. For patients with diabetes
  - Stop metformin containing medications 24 hours before procedure
  - Hold all non-insulin medications the morning of the procedure
  - Contact your diabetes doctor to adjust your insulin dose during the bowel preparation
  - If you use an insulin pump, a **written letter** from your endocrinologist giving clear instructions on adjustments for basal rate before and during the procedure will be required.
  - If you use oral diabetes medications, do not take these medications on the morning of your procedure
4. If you have a pacemaker or defibrillator, please make sure your doctor is aware and bring the device card with you to your procedure

## COVID-19 TESTING

- You **MUST** have a **COVID PCR** test 3 days before your procedure, **regardless of vaccination status**. Our office will assist with scheduling testing.



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## 5 DAYS PRIOR TO SIGMOIDOSCOPY

- Purchase two **fleet mineral oil enemas**
- Stop taking any iron supplements, herbal medications or fish oil
- Avoid eating any nuts or seeds including poppy seeds, sesame seeds and sunflower seeds, any fruits or vegetables with seeds, or corn
- Call the Admitting Office at (631) 444-1870 and provide your insurance information
- Confirm your transportation for the day of your procedure
- Please call if you need to reschedule your procedure

## 1 DAY BEFORE YOUR SIGMOIDOSCOPY

- **Do not eat any solid or soft food. Drink plenty of clear liquids (able to be seen through when poured into a glass) throughout the day to prevent dehydration from the bowel preparation.** Do not drink alcohol.

Examples of clear liquids include:

- |  |   |
|--|---|
| ✓ Water  | ✓ Gatorade®, Powerade® or similar sports drink (no red or purple) |
| ✓ Clear juices without pulp (apple or white grape juice) | ✓ Ginger-ale or Lemon-lime soda (7-Up® or Sprite®)                |
| ✓ Clear soup broth or bouillon                           | ✓ Jell-O® (no red or purple)                                      |
| ✓ Tea or coffee (1 cup)                                  | ✓ Popsicles (no red or purple)                                    |



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## ON THE DAY OF YOUR SIGMOIDOSCOPY

### Before leaving home

- Stop drinking everything including clear liquids 2 hours before the procedure
- 90 minutes before you leave home for the procedure, administer the two enemas
  - Lie on your left side
  - Remove the cap from the tip of the enema bottle
  - Insert the tip of the enemas bottle gently into your rectum, about four inches
  - Slowly squeeze the entire contents of the bottle into your rectum
  - Hold the fluid inside of your for about 15 minutes if possible
  - Sit on the toilet and expel the fluid
  - Immediately repeat with second enema
- Take your heart and blood pressure medications with a sip of water on the day of your procedure.
- Do not take any insulin or oral diabetes medications
- Bring a list of your current medications
- Bring your defibrillator/pacemaker card if you have one
- Wear comfortable loose fitting clothing and flat shoes or sneakers.
- Do not wear jewelry or bring any valuables
- Do not wear contact lenses
- Report to admitting 1 hour before your scheduled procedure time. They will then send you to endoscopy on 14 North.

### FOR PROCEDURES AT THE HOSPITAL

- Park in the main visitor parking garage; validation will be provided for one vehicle. Valet parking **IS NOT** eligible for validation. **You must bring the parking ticket to endoscopy for validation.**
- Report to registration on hospital level 5 (lobby) 1 hour before your scheduled procedure time. They will then send you to endoscopy on 14 North.

### FOR PROCEDURES AT THE AMBULATORY CARE PAVILION (ACP)

- Directions and map to the ACP building can be found on the next page
- You can park at the gated parking lot in front of the building. **You must bring the parking ticket to endoscopy for validation.**
- **Check in at the front desk 30 minutes before your procedure time and they will direct you to endoscopy**

You should expect to be at the hospital or ACP for approximately 3 hours from time of registration to discharge from the endoscopy suite.

**The Ambulatory Care Pavilion at Stony Brook Medicine.  
3 Edmund Pellegrino Road, Stony Brook NY**

**Directions:**

- Heading north on Nicolls Road, turn right onto E Loop Road. Then, make a left at the first traffic light onto Edmund D Pellegrino Road.
- While on Edmund D Pellegrino Road, head towards the signs that say “Breast Center” (we are located in the same building as the Breast Center/Old Cancer Center).
- Drive through the 1<sup>st</sup> traffic circle and continue straight.
- At the 2<sup>nd</sup> traffic circle, make a U-turn so you are going the opposite direction (see attached map for details).
- Veer to the right and you will see an entrance to a small gated parking lot in front of the building.
- Please press the button and take a parking ticket that we will validate for you. If the gate is up, drive through it and park.
- The front desk will ask you for your name and will direct you to endoscopy

