**FLEXIBLE SIGMOIDOSCOPY WITH PROPOFOL SEDATION PREPARATION INSTRUCTIONS.**

You have been scheduled for a flexible sigmoidoscopy examination.

**Please note that you are to arrive a half hour prior to your scheduled appointment time.**

Being late for your procedure can result in delay or cancellation of your appointment.

**Please notify our office 72 hours prior to your procedure if you need to change or cancel your appointment. Failure to do so may result in a $75 cancellation fee.**

**SOMEONE MUST COME INTO THE OFFICE TO SIGN YOU OUT AND DRIVE YOU HOME. THIS DOES NOT INCLUDE A CAB/UBER DRIVER. YOU CANNOT DRIVE UNTIL THE NEXT MORNING.**

**SEVEN days prior to your procedure:** Discontinue any weight loss medications such as Ozempic, Wegovy, or Trulicity.

If you are taking blood thinning medication(s) or Aspirin has been recommended by your physician, you must call the physician who manages the medication(s) and ask whether you can stop them and when. If you do not have that information, we may not be able to obtain biopsies or remove polyps during your procedure.

Please inform our office if you are taking any seizure medication. If you use an inhaler, even if it’s not on a daily basis, please bring the inhaler with you.

**One day prior to your procedure:**

* Do not eat any solid food, milk or milk products after Midnight the evening before your flexible sigmoidoscopy appointment. You may have \*\*clear liquids up until 4 hours before your appointment time. Nothing by mouth after that 4 hour window.
* Please take 2 fleet enemas one hour before coming into the office. If you do not get satisfactory results, take a third enema. This will help us offer you the most thorough and beneficial exam possible.

\*\*Clear liquids are liquids that you can see through when held up to the light. For example, white cranberry juice, water and tea with no milk are clear liquids. Juices like orange juice and grapefruit juice are not good because they contain pulp. Drinks like coffee with milk are also **not** good because milk is not clear.