

Gastroenterology Endoscopy Centers

PINEHURST: 15 Regional Dr. Pinehurst NC 28374 (910) 235-3177

SANFORD: 110 Dennis Dr. Sanford, NC 27330 (919) 774-4511

Sigmoidoscopy with Sedation

Patient Name: _____ **Physician:** _____

Appointment Date: _____ **Arrival Time:** _____ **AM / PM**

MEDICATIONS:

Blood Thinners: If you take any blood thinners, such as Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Aggrenox (ASA/Dipyridamole) and you did not have a pre-procedure clinic visit, please contact our office immediately. **You will need special instructions concerning these medications.**

Diabetic Patients: DO NOT TAKE any oral diabetic pills, or insulin doses the night before or the day of your procedure.

If you take any GLP-1 medications such as the following: Semaglutide (Ozempic, Rybelsus, Wegovy), Liraglutide (Saxenda, Victoza), Dulaglutide (Trulicity), Exantide (Bydureon, Byetta), Lixisenatide (Adylin), Tirzepatide (Mounjaro, Zepbound), You ***MUST FOLLOW*** a **CLEAR LIQUID** diet the entire day before your procedure. No solid food. No dairy products. Examples of clear liquids include: black coffee with sugar/sugar substitute (no creamer), juice without pulp (apple, white grape), electrolyte drinks, sweet/unsweet teas, beef/chicken/vegetable broths, seltzers, water, plain Jell-O (lemon, lime, orange, pineapple), popsicles, Italian ice, sodas (avoid cream sodas), etc.

DIET:

You may eat solid foods until 7pm the night before your procedure.

******Please see the exceptions for patients taking GLP-1 medications above******

After 7pm you may drink clear liquids according to the schedule noted below

In preparation for your procedure, **you will need to purchase Two Fleet's Enemas** from any drug store.

Appointments at 2pm or later: Drink clear liquid until 8am on the day of the procedure.

You May Take the Following Medications with a small sip of water the morning of your procedure: Blood Pressure, Heart, Asthma, Breathing, Seizure, Anti-Depressants, Thyroid, and Aspirin.

Use a FLEET'S ENEMA approximately 2 hours prior to leaving home for your appointment. About 30 minutes later use a second FLEET'S ENEMA which will ensure proper cleansing of the colon.

Additional Instructions:

1. Bring a list of your medications with the dosages to your procedure appointment.
2. Please bring a photo ID and your insurance card(s).
3. Wear comfortable clothes and remove nose and/or tongue piercings prior to your procedure.
4. You may want to wear or bring socks

Confirmation of Appointment

If you confirm your appointment and then fail to arrive for your procedure without providing at least 72-hour (3 full business days) notice, you will be charged \$250.00 for not keeping your appointment. Special circumstances will be considered on a case-by-case basis. For complete details, please see Pinehurst Medical Clinic's Patient Appointment Attendance Policy. The complete policy can be found at www.pinehurstmedical.com/attendance.

YOU MUST HAVE A RESPONSIBLE DRIVER ACCOMPANY YOU!

The Driver must be 18 years or older and stay in the waiting area. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room.