

**FLEXIBLE SIGMOIDOSCOPY  
PREPARATION INSTRUCTIONS**

**Please follow these instructions carefully!**

**PURCHASE AT THE PHARMACY**

2 Enemas

**PREPARATION FOR YOUR PROCEDURE**

- **Continue all** aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications that you should or should not take.

**CALL MON-FRI 7 AM – 5 PM  
OR CALL OUR AFTER HOURS NUMBER**

|                                |                |
|--------------------------------|----------------|
| Meridian Endoscopy Center      | (208) 695-2100 |
| Boise Endoscopy Center         | (208) 342-7169 |
| Canyon County Endoscopy Center | (208) 954-8218 |
| After Hours                    | (208) 343-6458 |

**FIVE DAYS PRIOR TO YOUR PROCEDURE**

- No nuts or seeds.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.
- Stop all oil-based vitamins and supplements to include Vitamin A, D, E, Fish Oil, Etc.

**THE DAY OF THE PROCEDURE**

- **Do not eat any solid food for eight (8) hours prior to the procedure.**
- Take only clear liquids by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and Popsicles. **You may have clear liquids until 4 hours prior to your procedure** then nothing by mouth.
- To prepare the bowel for the procedure, take 2 enemas 1 to 1 ½ hours prior to leaving the house. Try to hold the enema for at least five minutes before releasing it. Wait 15 minutes between each enema. On occasion, the doctor may have you drink an oral laxative as well.
- Please continue consuming **clear** liquids after prep completion to avoid dehydration **up until 4 hours prior to your scheduled procedure.**
- **DO NOT eat or drink ANYTHING 4 hours prior to your procedure. This also means NO water other than to take your medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure!**
- Take your usual prescribed medications with small sips of water.
- Please bring a list of your current medications and correct dosage to your appointment.

**IF YOU CHOOSE TO RECEIVE SEDATION**

- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You need to have a responsible driver to take you home after your procedure. If your driver wishes to discuss the results of your procedure with the doctor, please have them accompany you to your procedure and **remain on site.** We do not recommend Uber, Lyft, or taking a taxi – these are not acceptable forms of transportation post-sedation.
- You will be sedated for your procedure. **Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.**

You are scheduled with Dr. \_\_\_\_\_

Report at \_\_\_\_\_ on \_\_\_\_\_ to:

\_\_\_\_\_ Boise Endoscopy Center, 425 West Bannock Street, Boise

\_\_\_\_\_ Meridian Endoscopy Center, 2235 East Gala Street, Meridian

\_\_\_\_\_ Canyon County Endoscopy Center, 1216 Garrity Boulevard, Nampa

\_\_\_\_\_ St. Luke's Boise Regional Medical Center, 190 E. Bannock Street, Boise  
(Main hospital entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Meridian Medical Center, 520 S. Eagle Road, Meridian  
(Eagle Road entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Nampa Medical Center, 9850 W. St. Luke's Drive, Nampa  
(Main hospital entrance. Out-patient Registration)

#### **BIG TAKE-AWAYS**

- Clear liquids only the day before your exam – that means no solid foods for breakfast, lunch, or dinner – liquids **only**.
- PLEASE do not drink water or anything while driving to your appointment or waiting for your appointment.
- If you are sedated, you may not remember your conversation with your doctor after your procedure – we STRONGLY recommend your driver stays IN our facility to speak with the doctor after your test.

**Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Meridian, Boise, and Canyon County Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patients' stay times for hospital procedures may be longer.**

**We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.**

**Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior authorization. Fee for services is required at time of check-in. Please be prepared to make a payment.**