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## Preparing for a Flexible Sigmoidoscopy with Sedation with UVA Digestive Health

Thank you for choosing us to provide your care. Please follow these guidelines to help make for a successful experience.

**IMPORTANT:** Some medications, such as diabetes medication and blood thinners, could cause complications during your upcoming procedure. If you take any of the following medications, contact the doctor who prescribes them to you **two weeks before your procedure date** and ask if you need to temporarily stop taking these medications.

- **Weight-loss or diabetes medication**, including Mounjaro, Ozempic, Saxenda, Victoza, Wegovy
- **Blood thinning medication**, including Aggrenox, Coumadin, Eliquis, Lovenox, Persantine, Plavix, Pletal, Pradaxa, Ticlid, Warfarin, Xarelto,

If you take any of these medications, we also recommend that you follow a **clear liquid diet for 1 day** before this or any endoscopic procedure during which you will be sedated, or “go to sleep,” during the procedure. While following a clear liquid diet, you can drink water and other sugar-free clear liquids. This will help empty your stomach, which is necessary for these procedures.

**If you take a daily Aspirin, continue taking your Aspirin.**

- Food and Drink: DO NOT eat solid food or milk products after midnight the night before your procedure. You may have **clear liquids**, nothing red or purple, until 2 hours before you arrive for your appointment. DO NOT drink anything after that time or your procedure will be cancelled. **\*If on a GLP-1 agonist you should start this diet 24 hours before your procedure start time.**
- You MUST have a driver on the day of your procedure: You will receive anesthesia medications on the day of your procedure, you must have a responsible adult 18 years or older who can drive you home. For your safety, UVA Health recommends that this person stay with you for several hours after your procedure. You may not drive for 24 hours after your procedure.
- Visitors: Please find the most up to date visitor information on the UVAHealth website <https://uvahealth.com/patients-visitors/visiting-patient>, or call us to ask if visitors are allowed at the time of your procedure (434) 243-3090.
- **Take your daily medications up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.**
- Medication and allergy information: Please bring a complete list of your current medications, their doses, and any allergies you may have.
- Pacemaker or Internal Defibrillator: Please bring your device information card with you.

- Personal belongings: Please leave all jewelry and other valuables at home. Please do not wear contacts the day of your procedure. If you wear glasses, hearing aids, or dentures, please bring a case with you to store these items during your procedure.
- Please note that UVA performs procedures at two locations. Please confirm your location by referring to your appointment reminder letter.

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. Please arrive 45 minutes prior to your appointment time. We ask for your patience and that you plan to be with us at least 2 to 3 hours.

If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at: (434) 243-3090.

## Enema Instructions for Flexible Sigmoidoscopy with Sedation

Seven days before your procedure:

- Contact your provider that ordered this procedure for further instructions if you take medications for the following:
  - Diabetes (including GLP-1 agonists prescribed for weight loss)
  - Blood thinners (other than aspirin)

Five days before your procedure:

- Stop taking medications or supplements that contain iron.
- Purchase two over the counter enemas such as saline or sodium phosphate enemas (please do not use mineral oil enemas to prepare for your procedure).

On the day of your procedure:

- No more solid food, beginning at 12:00 am (midnight) on the day of your procedure.
- You may continue to drink clear liquids up until 2 hours before your procedure. See examples of a clear liquid diet below.
- Do not take oral diabetes medications (pills) the day of your procedure. Unless instructed otherwise by your healthcare provider, take your daily medications as prescribed with small sips of water up to 2 hours before your procedure.
- If using enemas, you will need to use 2 enemas at home 2 hours before you leave to come to your procedure.
- Follow the directions on the box on how to use an enema. If you need assistance with the directions, you can call us at (434)243-3090 and ask to speak with an endoscopy nurse.
- Bring a list of your current medications and allergies.

Clear Liquids OK to Drink on Day of Procedure	Do NOT Drink
<ul style="list-style-type: none"> <li>• Water (plain, carbonated or flavored)</li> <li>• Fruit juices without pulp, such as apple or white grape juice</li> <li>• Carbonated drinks, including dark sodas (cola and root beer)</li> <li>• Tea or coffee without milk or cream</li> <li>• Sports drinks (not red or purple)</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Artificial creamers</li> <li>• Fruit or vegetable smoothies</li> <li>• Gelatin (Jell-O)</li> <li>• Alcohol</li> <li>• Anything red or purple. These liquids can look like blood in the colon.</li> <li>• Broth</li> </ul>