
Instructions for Flexible Sigmoidoscopy without Sedation

Preparing for a Procedure with UVA Digestive Health, Endoscopy

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

- **IMPORTANT:** If you take medications for diabetes or are on medications that thin your blood (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis, and Aggrenox), please call the doctor that prescribes your medication at least two weeks before your procedure date for further instructions regarding possible medication changes for your upcoming procedure.
 - If you take a daily aspirin, continue taking your aspirin.
- **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.
- **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.

Five days before your procedure:

- Stop taking medications that contain iron.
- A prescription is not required for enemas. You will need to purchase 2 Fleets enemas, not oil-based, from your local drugstore. Follow the instructions on the enema box on how to use them. If you need directions on how use an enema call (434) 243-3090.

On the day of your procedure:

- You may have a light breakfast in the morning and you may continue drinking fluids up to the appointment time.
- You will need to use 2 enemas at home 2 hours before you leave to come to your procedure.
- Do not take oral diabetes medications (pills) or medications with iron the day of your procedure.
- Unless instructed otherwise by your healthcare provider, it is OK to take all other medications as prescribed.
- Bring a list of your current medications.