



# PREPARING FOR YOUR SIGMOIDOSCOPY AND LOWER EUS

- **Please call your doctor and inform them that you are undergoing this examination to discuss if your diabetic medicines need to be adjusted for the change in your diet (clear liquids) one day before**
- Check your blood sugars frequently throughout the day when you are drinking your prep solution.
- Check your blood sugar the day of the procedure prior to leaving home.

## Days prior to your procedure

Stop all weight loss medications including over the counter products at least 14 days before. Multivitamins and Iron supplements need to be stopped 7 days prior to your procedure. Stop arthritis medications (such as Motrin, Aleve, Ibuprofen, Celebrex) 3 days prior to your procedure. You **MAY** take Tylenol. Please make sure you have the prep or the prescription for the prep at least 3 days prior to the appointment.

## 2 Nights Before

Drink 10 Oz of Magnesium Citrate (Provided in EZ2GO kit).

If using a different prep, please purchase OTC Magnesium Citrate from pharmacy.

## DAY PRIOR TO THE PROCEDURE

- Clear liquid diet only. Clear liquids include, coffee, hard candy, tea, water, soft drinks, apple or white grape juice, sport drinks (like Gatorade), Kool-Aid, clear broths, popsicles, flavored ice slushes, or Jell-O. Please do not drink red, blue, or purple colored liquids. No ALCOHOL.
- Drink at least 8 ounces of clear liquids per hour for 8 hours prior to drinking the solution (be careful not to dehydrate)
- Arrange to have a driver with you on the day of the procedure. We prefer that your driver stays in waiting room throughout your procedure and is available at the time of discharge to hear the instructions that are given.
- At 12:00pm take 4 Dulcolax tablets over the counter (Included in EZ2GO Kit).
- 4 PM: EZ2GO: **Mix entire powder (238g) in 64 oz of Gatorade or equivalent. Mix thoroughly and set aside in refrigerator for 30 mins before consuming.**
- Drink one glass every fifteen to 20 minutes until complete.
- Continue clear liquids throughout the evening.
- At 10:00pm you may take 2 gas tablets (Gas-X, Mylanta Gas) with 8oz of clear liquid.

## DAY OF THE PROCEDURE

- Please take your regularly scheduled medications with a small sip of water. If your procedure is scheduled at 11AM or after, you can have a light clear liquid meal no later than 7AM.

## HELPFUL HINTS

- Try sucking on hard candy between each glass. Squeeze fresh lemon or lime juice in each glass. Use straw.
- If chilling, nausea, vomiting or cramping occurs, stop drinking the prep for thirty minutes, then try again.
- If the rectal area becomes irritated, you can apply zinc oxide cream (Destin) to the area as often as needed.
- Moist, flushable wipes (unscented or with aloe) are also available on grocery shelves. Use these instead of regular toilet tissue.

**Visit our website if you have additional questions: [www.txgastro.com](http://www.txgastro.com)**

Call the office during regular business hours (8:00am – 5:00pm) at 281-351-6464

YOUR SCHEDULER \_\_\_\_\_ LOCATION \_\_\_\_\_ DATE \_\_\_\_\_

**THE FACILITY WILL CALL YOU WITH YOUR EXACT ARRIVAL TIME THE DAY BEFORE THE PROCEDURE**

## **BLOOD THINNERS**

**Please check with you cardiologist, hematologist or PCP before stopping your blood thinners.**

- **Low dose Aspirin (75mg and 81 mg) no longer needs to be stopped. You can continue to take it.**
- **Higher dose of Aspirin, Plavix(Clopidogrel), Brilinta (Ticagrelor) and Aggrenox : Stop 5 days prior to your procedure**
  - **Coumadin (Warfarin) : Stop 5 days before**
  - **Xarelto (Rivaroxaban), Eliquis (Apixaban), Pradaxa (Dabigatran) : Stop 3 days before**

**After your procedure, we will advise you when you can safely resume these medications.**