



Digestive Health  
Associates & Center of Reno

## **FLEXIBLE SIGMOIDOSCOPY PREPARATION**

### **Purchase one fleet enemas and one bottle of MiraLAX**

These are available over the counter.

### **DAY BEFORE YOUR PROCEDURE:**

Breakfast – eat anything you like.

Lunch – eat a light meal.

Dinner – clear liquids

**6:30 PM – drink 2 capfuls of MiraLAX dissolved in 4-6 ounces of clear liquid.**

**DO NOT EAT ANYTHING AFTER 5PM.** Follow **clear liquid diet** instructions.

- Things you can drink: water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
- **DO NOT** drink milk or creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

### **DAY OF PROCEDURE:**

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.
- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

You may have clear liquids until 2 hours before your procedure time. **DO NOT DRINK ANYTHING 2 HOURS PRIOR TO PROCEDURE.**

**2 hours prior to procedure** – Use one Fleet enema, following directions provided with it.

### **Important:**

**You are required to have a driver** take you home after the procedure. Arranged transportation will be verified at check in.

**Continue taking your prescribed medications**, unless you are on a blood thinner and have been told to hold these medications by our office.

***Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.***



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**If you are taking one of the following:** (Ozempic, Byetta, Byureon, Victoza, Tanzeum, Trulicity, Lixumia, Rybelsus, Wegovy, Fu Laimel, Mounjaro, Exenatide, Liraglutide, Albiglutide, Dulaglutide, Lixisenatide, Beinaglutide, Semaglutide, PEG-loxenatide, Tirzepatide see directions below.

- Daily dose- hold on the day of procedure.
- Weekly dose- hold for 7 days prior to procedure.

**Procedure results:** communicated via email 2-3 weeks after procedure. Please check your email, including junk, for an email from enki EHR.

Please call our prep line directly for questions related to prep instructions 775-433-0480.

**Procedure Location:  
5250 Kietzke Lane  
Reno, NV 89511**

\*Low residue diet, clear liquid diet, frequently asked questions, procedure tips and more can be found at [www.digestivehealthreno.com](http://www.digestivehealthreno.com)