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Pen Bay Gastroenterology  
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## Preparing for Your Flexible Sigmoidoscopy

Flexible sigmoidoscopy is a procedure that allows your doctor to examine the rectum and the lower (sigmoid) colon. The flexible sigmoidoscope is a flexible tube about the thickness of your little finger. It is inserted gently into the anus and advanced slowly into the rectum and the lower colon.

### [1 WEEK before your flexible sigmoidoscopy](#)

- Please call us to let us know if you need to cancel or reschedule at least 72 hours (three days) before your appointment.
- You may need to stop taking the following medications. Please let us know if you are taking :
  - Coumadin/Warfarin
  - Plavix/Clopidogrel
  - Pradaxa/Dabigatran
  - Xarelto/Rivaroxaban
  - Ticlid/Ticlodipine

We will need to contact the prescribing doctor to see if you are able to hold taking these medications prior to your exam.

### [2 DAYS before your flexible sigmoidoscopy](#)

Please purchase **2 (4oz. Small) Fleet Enemas** available over the counter at any pharmacy. This does not require a prescription.

## 1 DAY before our flexible sigmoidoscopy

You may consume a regular diet on the day before the procedure.

Generally, a sigmoidoscopy is uncomfortable but not painful. If you are having a flexible sigmoidoscopy without anesthesia, you can drink clear fluids up to 3 hours before the exam. If you are having a flexible sigmoidoscopy with anesthesia, you must **NOT eat or drink** anything for **eight hours** before your exam.

### **ON THE MORNING OF THE EXAM:**

TAKE ONE FLEET ENEMA 3 HOURS BEFORE EXAM \*\*\*

TAKE SECOND ENEMA ½ HR AFTER THE FIRST \*\*\*

You will receive a call from **the PREP Department** 1-2 weeks prior to your exam. This is a pre-procedure assessment that is done over the phone that will discuss your medications and prior health history. If you are not at home when the PREP Department calls to do the assessment, please call them back and leave the best date and time they can reach you. Their number is 207-301-8815 between 8:30am-3:30pm Monday-Friday. Any other questions please call Pen Bay Gastroenterology at 207-301-5973.