

# ARIZONA DIGESTIVE HEALTH

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## Flex Sigmoidoscopy

Procedure Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Check- In Time: \_\_\_\_\_

North Valley Endoscopy Center  
15255 N. 40<sup>th</sup> St Bldg. 8 Ste 157

Honor Health JCL NM Hospital  
250 E. Dunlap (Main Entrance ~Information Desk)

### 1. MEDICATIONS AS INSTRUCTED BELOW (2 to 7 days before your procedure)

- **Hold GLP-1's such as:** Ozempic, Trulicity, Mounjaro , Byetta, Bydureon, Victoza, Adlyxin, Rybelsus.
  - **If weekly injectables, hold 1 week prior to your procedure.**
  - **If daily dosing, hold the day of your procedure.**
- **Blood Thinners including:**
  - **Discontinue 5 days before your procedure:** Plavix, Coumadin/Warfarin, Clopidogrel, Effient, Prasugrel and Aggrenox.
  - **Discontinue 2 days before your procedure:** Brilinta Eliquis, Xarelto/Pradaxa.
- If not sure medications you are taking are blood thinners, CONSULT your Physician/Pharmacist

### 2. One (1) day before your procedure:

The evening before the procedure, take four (4) tablespoons of Milk of Magnesia.

### 3. Day of your procedure:

- You will need to perform two (2) Fleet Enemas (green and white box)
  1. Two (2) hours before leaving your home to go to the facility. Insert the first enema. Hold for five (5) minutes or longer and then evacuate it.
  2. Immediately thereafter, insert the second enema. Hold this for five (5) minutes or longer then evacuate it.
  3. If your procedure is scheduled for the morning, eat a light dinner the night before and nothing to eat or drink the morning of the procedure.
  4. If your procedure is scheduled in the afternoon, you may have **CLEAR LIQUIDS** for breakfast but **NOTHING** after 9:00am.

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR OFFICE.**