



Sigmoidoscopy and endoscopic ultrasound prep instructions

You have been scheduled to have a flexible sigmoidoscopy with endoscopic ultrasound (EUS). This exam will help detect and/or treat a problem in your rectum and some lymph nodes and organs. This procedure uses a long, flexible tube called a **videoscope**. This tube has a small light and a camera on one end. .

What happens during a flexible sigmoidoscopy with EUS?

1. Your gastroenterologist will check your anus with a gloved finger and some lubricant.
2. The videoscope will then be inserted into your anus and moved slowly to your lower colon.
3. Air will be added to help make the bowel larger. You may feel some pressure from the air. You may also have some minor bloating or cramping during the exam. These symptoms will go away once the scope is removed.
4. The tip of the endoscope has a small ultrasound probe that allows your doctor to look at the wall of your intestines and other nearby structures. Pictures from the camera will be seen on a monitor.
5. If needed, small tools may be placed into the videoscope. This will be done to:
 - take tissue samples for biopsy
 - remove small abnormal growths (polyps)
 - sample or drain a cyst or other abnormal collection of fluid
6. The exam takes about 20 minutes.

Clear liquid diet

- Your colon must be completely empty and clean in order to get the correct results from your procedure.
- You should start a clear liquid diet the day before your procedure.
- A liquid is considered clear if you can read through it.

Use this simple test to help you figure out what to drink and what not to drink.

Can you read the newspaper?



This is apple juice. Apple juice is clear because you can read the newspaper through it.

YOU CAN DRINK THIS



This is orange juice. Orange juice is not clear because you cannot read the newspaper through it.

DON'T DRINK THIS

These drinks are
OK



Soda pop, ginger ale,
and club soda



Water and mineral
water



Black coffee
(No cream or milk)



Clear sports drinks



Apple juice



Tea

These drinks are
NOT OK



NO

Milkshakes



NO

Coffee with
cream



NO

Pineapple juice



NO

Orange juice



NO

Milk or dairy drinks

Other types of food and drinks that are OK

- Honey or sugar
- Clear chicken, beef or vegetable broth
- Yellow or Green Jell-O

Other types of foods and drinks that are NOT OK

- Soup
- Grapefruit juice
- Tomato Juice

IMPORTANT: While you are on the clear liquid diet, you can not drink or eat anything that is red, orange, or purple in color

Prep Instructions

WHAT TO DO BEFORE YOU HAVE A FLEXIBLE SIGMOIDOSCOPY WITH EUS

These foods are **OK**



Clear broth



Honey



Popsicle



Jell-O

These foods are **NOT OK**



NO

Bread, grains,
rice or cereal



NO

Soup with chunks
of food



NO

Meat



NO

Dairy products



NO

Vegetables



NO

Fruit

For the best possible exam, the lower colon must be cleaned of stool. Please follow these instructions carefully.

You will need to buy:

- Two (2) tablets of Bisacodyl (Dulcolax®) 5 mg
- Two (2) Fleet "Ready to use enemas" with sodium phosphates (not mineral oil).

THINGS TO DO	KEEP IN MIND...
At least 7 days before your procedure • This procedure may be performed with or without sedation. Confirm your ride/chaperon if you are planning to get sedation for your procedure. • If you are taking Coumadin (Warfarin), contact the Anti-Coagulation clinic at least 7 days in advance to discuss when to stop this medicine • If you are taking Plavix, Pradaxa or other blood thinning medicines, please contact your doctor to discuss when to stop taking these.. • If you take aspirin or other NSAIDs like Advil, Motrin, Celebrex (ibuprofen), you can continue to take them as directed. You do not have to stop taking Tylenol (acetaminophen).	
1 Day before your procedure • Start a clear liquid diet - see list of acceptable clear liquids. • In the evening, take two (2) Dulcolax tablets by mouth	
Day of your procedure • If you are planning to have sedation for your flexible sigmoidoscopy, you may only have clear liquids up to 3 hours prior to your arrival time. • Take all prescription medicine, as directed, with a small sip of water. This includes all blood pressure medicine. You can also continue to take aspirin. • Do not take any blood thinners (Coumadin, Plavix, Pradaxa, Lovenox). • Two (2) hours before your appointment, take the first enema. Hold enema as long as possible, expel it, then wait 10 minutes and take the second enema. • If, after the second enema, the fluid from your rectum is not clear, fill the empty bottle with warm tap water and repeat enema. You may repeat water enemas until the fluid from your rectum is clear. • Check in at your scheduled arrival time with your driver. • You will be asked to review and sign a consent form the day of the procedure.	
• You will not need a driver if you are planning to have the procedure without sedation. • If you want sedation, you must have a responsible adult drive you home. You will not be able to drive yourself home after the procedure. You may not use public transportation, a taxi, or walk home without a chaperon. • Your driver or chaperon must be present when you check-in for your procedure. If you do not have someone with you, the procedure may be rescheduled. Your driver or chaperon must stay in the building during the entire procedure so they can take you home when you are ready to be discharged.	
• Clear liquid diet: clear juice, bouillon, Jell-O, soda, tea, black coffee, water or popsicles). You may not have any solid foods.	
• To take the Fleet's enema, lie on your left side and place the enema tip into the rectum. Please try to hold the enema for at least 10 minutes. • Do not apply any lotions or creams to your chest or abdomen	

How do you know if your prep is working?

Look at these examples of stool colors. You want your stool to be clear.

After using the enemas, take a look at your bowel movements. Use the images below to see if your stool is clear enough for the procedure.

- If your bowel movements are completely liquid, yellow, and clear like image 4 or 5, you are ready for the procedure.
- If your bowel movements are solid or look like pictures 1, 2, or 3, you are probably not prepped. You will need to cancel your procedure.



1
Dark and murky.
NOT OK



2
Brown and murky.
NOT OK



3
Dark orange and semi-clear.
NOT OK



4
Light orange and mostly clear.
ALMOST THERE



5
Yellow and Clear, like urine.
Finish ALL of your prep and YOU'RE READY

More information

For questions, or to cancel your appointment call the phone number found under the location for your procedure. If calling after hours, call the Nurse Advice Line.

After hours

- Nurse's Advice Line: **(703) 359-7878**

Procedure locations

Caton Hill Medical Center
13285 Minnieville Road
Woodbridge, VA 2219
(703) 237-4084

Falls Church Medical Center
201 North Washington Street,
Lower level
Falls Church, VA 22046
(703) 237-4084

Largo Medical Center
1221 Mercantile Lane
2nd Floor, Suite 202
Upper Marlboro, MD 20774
(301) 618-5609

South Baltimore Medical Center
1701 Twin Springs Road
2nd Floor
Halethorpe MD 21227
(410) 737-5381

Timonium Medical Center
2391 Greenspring Drive
Lutherville-Timonium, MD 21093
(410) 847-6355

Diabetes Medication Guide (insulin/tablets)

Check your blood sugar often (at least every 3 hours). Since you will be fasting, your blood sugar may drop faster than normal. If you have symptoms of low blood sugar, treat with sugar or glucose tablets and call the Advice Nurse at (703) 359-7878.

Type 1 Diabetics and diabetics with insulin pumps - STOP: Contact your Endocrinologist for further instructions

Type 2 Diabetics - Follow the diabetes medication guide below as you prepare for your procedure.

IF YOU TAKE:	MORNING	LUNCH/DINNER TIME	BEDTIME
THREE DAYS BEFORE YOUR COLONOSCOPY			
Oral diabetes medicines	- Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, or Steglujan: stop these medication 3 days before the colonoscopy - If you take Jardiance (empagliflozin) for heart failure and not for diabetes, do NOT stop this medication before your procedures.	Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern 5, Qtern 10, Segluromet, or Steglujan: stop these medication 3 days before the colonoscopy	
THE DAY BEFORE YOUR COLONOSCOPY			
Oral diabetes medicines	- Actos, Actoplus Met, Avandia, Avandamet, Byetta, Farxiga, Metformin (Glucophage), Invokana, Januvia, Janumet, Nesina, Onglyza, Tradjenta: Take your usual dose - Glipizide, Prandin: Take ½ your usual dose	- Actos, Actoplus Met, Avandia, Avandamet, Byetta, Farxiga, Metformin (Glucophage), Invokana, Januvia, Janumet, Nesina, Onglyza, Tradjenta: Take your usual dose - Glipizide, Prandin: Take ½ your usual dose	
Long acting insulin: Lantus, Levemir, Toujeo, Tresiba	Take ½ your usual dose	Take ½ your usual dose	Take ½ your usual dose
Intermediate acting insulin: NPH, Humulin N, Novolin N			
Rapid/short acting insulin: Humalog, Novolog, Regular, Novolin R			
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25			

IF YOU TAKE:	MORNING	LUNCH/DINNER TIME	BEDTIME
THE DAY OF YOUR PROCEDURE			
All oral diabetes medicines	- Metformin (Glucophage) - TAKE the day of the procedure - All other oral diabetes medicines - DO NOT TAKE the day of the procedure	After the procedure, eat and take your usual dose.	
- Long acting insulin: Lantus, Levemir, Toujeo, Tresiba - Intermediate acting insulin: NPH, Humulin N, Novolin N	- If blood sugar is over 100: take ½ usual dose - If blood sugar is under 100: DO NOT TAKE	After the procedure: Eat and take your usual dose.	After the procedure: Eat and take your usual dose.
Rapid/short acting insulin: Humalog, Novolog, Regular, Novolin R	DO NOT TAKE	After the procedure: Eat and take your usual dose.	
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	- If blood sugar is over 100: take ½ usual dose - If blood sugar is under 100: DO NOT TAKE		