



Sigmoidoscopy Preparation Instructions

Follow these instructions completely to ensure a successful exam. It's very important for you to thoroughly clean out your colon. Stool remaining in the colon can hide polyps or other abnormalities. If this isn't done, we'll need to reschedule your procedure.

Read more about this procedure, including why it's done and what to expect, at kpdoc.org/sigmoidoscopy.

7 days before

Adjust your medications starting today if needed. Review the tables on pages 3 and 4 for instructions.

Arrange to get your over-the-counter bowel-preparation products from the Kaiser Permanente pharmacy or at your local pharmacy. You'll need these the afternoon before your procedure:

- 1 bottle (10 ounce) of magnesium citrate (lemon flavor)
- 1 box bisacodyl (Dulcolax) 5 mg tablets (you'll only take 3 tablets)
- 2 ready-to-use Fleet enemas that contain sodium phosphates

3 days before

Stop eating high-fiber foods this morning. This includes whole-grain cereal and bread, beans, seeds, nuts, popcorn, fruits, and vegetables.

2 days before

Eat normally during the day and continue to avoid high-fiber foods. Don't drink smoothies, shakes, or milk. Avoid red, orange, or purple beverages.

Eat a small meal at dinnertime. This is your last solid food before the procedure.

1 day before

Don't eat any solid food today. Start drinking clear liquids only. Drink at least 1 cup of clear liquids each hour you're awake.

- Drink clear liquids such as water, tea (without cream or milk), Gatorade, apple juice, Sprite, 7-Up, or ginger ale. You may also drink chicken, beef, and vegetable broth, or eat yellow or green Jell-O.
- Don't drink coffee or alcohol, or consume anything that's red, orange, or purple.

9 a.m.	Take 3 bisacodyl (Dulcolax) tablets.
3 p.m.	Make sure you're at home and near an unoccupied bathroom. The bowel-preparation solution can work quickly and will cause multiple bowel movements. Drink the entire 10-ounce bottle of magnesium citrate. Drink at least another 8 cups (64 ounces) of water after consuming the bottle of magnesium citrate.
Evening	Keep drinking clear liquids until bedtime. You may need to use the bathroom at night.

Day of your sigmoidoscopy

Don't eat any solid food.

Take your **allowed** medications with a small sip of water only. Review the tables on the next pages for your medication instructions.

2 hours before your appointment

Use the first of the 2 enemas. Follow the instructions on the box. Take the enema. Hold it as long as you can, then expel it.

Use the second enema 10 minutes after expelling the first enema. Hold it as long as you can, then expel it. Disregard the statement on the box to only take one enema. We recommend 2 enemas for the best results.

Don't drink any more fluids in the 2 hours between starting the enemas and your sigmoidoscopy procedure.

When you come to the medical center

Wear comfortable clothes.

Don't use makeup, cologne, perfume, or body lotion.

Remove nail polish or artificial nails from at least one finger. We attach an oxygen monitor to the unpolished fingertip.

Leave valuables (including jewelry and wedding rings) at home.

Bring:

- Valid photo ID.
- Kaiser Permanente ID card.
- Medicare, Medi-Cal, or other health insurance cards, along with any copay.
- A list of all prescription and over-the-counter medications, and nutritional or herbal supplements you take.
- A case to store any contact lenses, glasses, or dentures.
- A mobile device and earbuds, if desired.



See page 3 for **Medications instructions** before your sigmoidoscopy.

Medication instructions

You may need to adjust your medications in the week leading up to your procedure. Review the table for any medications you take. Ask your doctor if you have any questions or concerns about your medications or supplements.

Medication type	Instructions
Daily low-dose aspirin	Continue these as prescribed if you're currently taking them.
Acetaminophen (Tylenol)	
Blood pressure medications such as atenolol, metoprolol, carvedilol (Coreg), or lisinopril	
Medications for heartburn, cholesterol , and thyroid	
Psychiatric or seizure medications	
Vitamins, herbs, supplements, or medications containing iron	Stop taking these 7 days before your procedure.
Anti-inflammatory medications such as ibuprofen (Motrin, Advil), naproxen (Aleve), and Excedrin	
Medications for diabetes	You may need to adjust these medications on the day before and the morning of your procedure. Review your instructions on the last page of this document.
Diuretics (water pills)	Don't take these the day before or the morning of your procedure.
Blood thinners such as clopidogrel (Plavix), aspirin/dipyridamole (Aggrenox), warfarin (Coumadin), dabigatran (Pradaxa), prasugrel (Effient), ticagrelor (Brilinta), and cilostazol (Pletal)	Ask your doctor if and when it's safe to stop or adjust these medications before your procedure.
Anticoagulants such as rivaroxaban (Xarelto), apixaban (Eliquis), or edoxaban (Savaysa)	
Medications for type 1 diabetes	



See page 4 for **Diabetes medication instructions** before your sigmoidoscopy.

Diabetes medication instructions

If you have **type 1 diabetes**, contact your endocrinologist or diabetes care manager for medication instructions.

If you have **type 2 diabetes**, follow these instructions for the type of medication you take. Contact your doctor or diabetes care manager if you take a medication that isn't listed or if you use an insulin pump.

Day before your sigmoidoscopy

Starting first thing in the morning, check your blood sugar at least every 4 hours. Your blood sugar may drop more quickly than usual when you're fasting. If you have symptoms of low blood sugar, treat with sugar or glucose tablets. You can also call the Appointment and Advice Call Center at **866-454-8855**.

Medication type	Morning dose	Afternoon or evening dose
Oral	metformin (Glucophage), pioglitazone (Actos), linagliptin (Tradjenta): Take your usual dose glipizide (Glucotrol): Take ½ your usual dose empagliflozin (Jardiance): DO NOT TAKE	metformin (Glucophage): Take your usual dose glipizide (Glucotrol): Take ½ your usual dose
Injected non-insulin: liraglutide (Victoza), semaglutide (Ozempic)	Take your usual dose	
Long-acting insulin: glargine (Lantus)	Take ½ your usual dose	Take ½ your usual dose
Intermediate-acting insulin: NPH, Humulin N, Novolin N	Take ½ your usual dose	Take ½ your usual dose
Rapid/short-acting insulin: lispro (Humalog), Humulin R, Novolin R	Take ½ your usual dose	Take ½ your usual dose
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	Take ½ your usual dose	Take ½ your usual dose

Day of your sigmoidoscopy

Before your appointment check your blood sugar after you complete the preparation solution. Follow the instructions below for your morning dose. After your procedure, eat a light meal and take your usual afternoon or evening dose.

Medication type	Morning dose
Oral	metformin (Glucophage), pioglitazone (Actos), linagliptin (Tradjenta): Take your usual dose glipizide (Glucotrol), empagliflozin (Jardiance): DO NOT TAKE
Injected non-insulin: liraglutide (Victoza), semaglutide (Ozempic)	Take your usual dose
Long-acting insulin: glargine (Lantus)	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE
Intermediate-acting insulin: NPH, Humulin N, Novolin N	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE
Rapid/short-acting insulin: lispro (Humalog), Humulin R, Novolin R	DO NOT TAKE
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your doctor or pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

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