

Flexible Sigmoidoscopy Preparation

Your Sigmoidoscopy is scheduled for _____ at _____ AM/ PM with Dr. Alexander Shapsis at **214 Ave. P, Brooklyn, NY, 11204.**

You may come to the office on your own, but you **MUST** have a responsible adult pick you up after the test. This escort should arrive **30 minutes** after your scheduled test.

You will be sedated during your procedure, if you don't have an escort you will not be permitted to leave until you are fully awake.

ONE WEEK BEFORE YOUR SIGMOIDOSCOPY:

- Do not take any aspirin, Motrin, Aleve, Relafen, or other pain medications that may thin your blood. You may take Tylenol for aches and pains. Celebrex can be continued. If you are taking Coumadin, Warfarin, Lovenox, Heparin or Plavix, please consult with Dr. Shapsis before stopping them.
- If you are taking any Type 2 Diabetes or Obesity Injections (GLP-1 receptor agonists) such as Ozempic, Wegovy, Mounjaro, Trulicity, etc... weekly, you should have the last dose no sooner than 4 days prior to the procedure. If you are taking it daily, do not take the medication the day prior to the procedure **ON THE DAY OF YOUR SIGMOIDOSCOPY:**
- **Do NOT** eat or drink any food or liquids **8 hours** before the scheduled test time.
- If you take any insulin injections, take only half the dose. If you feel sweaty, dizzy, or weak, check your blood sugar level.
- If you take blood pressure medication, please take it **early** in the morning with only one sip of water.
- A prescription for a **FLEET ENEMA** has been sent to your pharmacy. **4 hours before the procedure, please use FLEET ENEMA at home:**
 - To use the enema, lie down on your left side with your knees bent.
 - Remove the cap from the applicator tip and gently insert the tip into your rectum. ○ Slowly squeeze the bottle to empty the contents into the rectum. ○ For best results, stay lying down and hold in the enema until you feel the urge to have a bowel movement.
 - Use the restroom.
- Please arrive **10 minutes** before your scheduled time, as there is paperwork to be filled out. Bring your **photo ID**.
- Do NOT bring jewelry or other valuables as we are not responsible for your personal belongings.
- After the test, you should **not drive** at least **6 hours** after the procedure. Do NOT go to the gym or do any activity where good judgment or quick reflexes are required.
- **72 hours before (3 days)** your procedure, do not eat any type of nuts or seeds, or condiments that contain seeds (tomato, peppers, sesame seeds, etc)

Your results will be ready about **3 weeks** after your procedure, please make an appointment with our Nurse Practitioner to discuss them and any recommendations.

We kindly ask you for your patience as some procedures take a longer time than expected. You may be asked to wait before your procedure takes place. If you have any questions, please contact the office at **(718) 615-4001**.

Thank you!

(Signature)

(Date)