

Flexible Sigmoidoscopy with Sedation

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

- **Fill your prescription for Golytely, Nulytely, Colytely, Trilyte or Generic Equivalent at your local pharmacy.** Please call our office 612-871-1145 if you did not receive a prescription.

PREPARATION: or your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below:

Important, please review this section if you take a medication called a GLP-1 agonist (such as Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others) **or an SGLT-2 Inhibitor** (Invokana, Farxiga, Jardiance, Steglatro) for weight loss or diabetes. If you take these medications, then you should hold your medication according to the following guidelines:

GLP-1 Agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others):

- For once or twice daily injectables (example Byetta, Victoza, Saxenda), hold the day before and day of the procedure.
- For once weekly injectables (example: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro), hold for 7 days before the procedure.
- For oral, daily dosing (example: Rybelsus), hold for 7 days before the procedure.

SGLT-2 Inhibitors (Invokana, Farxiga, Jardiance, Steglatro):

- Hold for 4 days before the procedure

If you take these medications for diabetes, then you need to contact your primary care team or endocrinologist for glucose management instructions.

If you are having an EGD (upper endoscopy) and take these medications, then you should start a clear liquid diet **24 hours** before your procedure. This will be different from your instructions that say to start a clear liquid diet at 11:45 PM the night before. For example, if your procedure is at 8:00 AM, then you should start a clear liquid diet at 8:00 AM the day before. Make sure to follow the NPO instructions (nothing by mouth 3 hours before your procedure). Holding these medications and staying on the clear liquid is important for us to safely complete your procedure.

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

7 DAYS BEFORE:

- **STOP** fiber and iron supplements, including multivitamins.
- If you have diabetes, contact your monitoring provider for further instruction on insulin and/or blood sugar management.

3 DAYS BEFORE:

- Begin a Low-Fiber Diet. Please look at the nutritional label to check the fiber content for each item - No more than 10-15 grams a day.
- **DO NOT** eat the following on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and lentils.
- For more details on following a Low Fiber diet, please see www.mngi.com/conditions/low-fiber-diet.

2 DAYS BEFORE:

- Stay on Low Fiber Diet.
- Drink plenty of fluids throughout the day to prevent dehydration.
- **STOP eating solid foods at 11:45 pm.** Begin Clear Liquid Diet (no red). **See “Clear Liquid Diet” information below.**

1 DAY BEFORE:

- **Do NOT** eat any solid foods. Continue clear liquid diet (no red). **See “Clear Liquid Diet” information below.**
- **At 6pm:** Drink one (1) 8 fl. oz. glass of Golytely, Nulytely, Colytely, Trilyte or Generic Equivalent solution every 15 minutes until half the bottle (approximately eight (8) - 8 fl. oz. glasses) is gone. **Save the other half for tomorrow** in the refrigerator.
- **Do not drink any other liquids** while you are drinking the Golytely, Nulytely, Colytely, Trilyte or Generic Equivalent solution.
- Over the course of the evening, drink an additional ½ liter of clear liquids.

DAY OF YOUR PROCEDURE:

- **DO NOT** eat any solid food, use any chewing tobacco, THC, marijuana or illegal drugs. **If you do, your procedure will be cancelled.**
- Stay on clear liquid diet (no red). **See “Clear Liquid Diet” information below.**
- If you take daily medication, you may do so up until 3 hours before procedure time.
 - This includes heart and blood pressure medications, blood thinners (if you have not been told to **STOP** these by our office), methadone, and anti-seizure medications.
 - **DO NOT** take any chewable vitamins or supplements.

6 HOURS BEFORE:

- Drink 1 (one) 8 oz. glass of Golytely, Nulytely, Colytely, Trilyte or Generic Equivalent solution every 15 minutes until the remaining solution (approximately 8- 8 oz glasses) is gone.

3 HOURS BEFORE:

- **DO NOT** take anything by mouth.
DO NOT have lozenges, gum, hard candy, or breath mints. **If you do, your procedure will be cancelled.**

Are You Ready?

When you are finished with your prep you should not have any solid stool, only clear liquid stool. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.

Clear Liquid Diet

- For more details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>.
- Clear liquids are anything that you can see through (NO red).
- Examples of a clear liquid diet include: water, clear broth or bouillon (gluten-free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one (1) 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. **If you do, your procedure will be cancelled.**

For detailed information about your procedure please visit
<https://www.mngi.com/search/patient-services>