



Flexible Sigmoidoscopy Preparation Instructions

Procedure date / time:

The time will be confirmed with you the day before your procedure

Attend the Hospital Admissions area: Gold Coast Private Hospital,
Ground Floor, Day Surgery Centre

For a successful, thorough and safe examination, it is very important that you follow the preparation instructions carefully.

Medications

You may be required to stop certain medications prior to the colonoscopy.

If you are on “**blood thinners**” such as Clopidogrel (Plavix, Iscover), Ticagrelor (Brilinta), Rivaroxaban (Xarelto), Apixaban (Eliquis), Dabigatran (Pradaxa), Warfarin, you may need to stop these 2-7 days prior to your procedure. **Aspirin may be continued.** Please seek advice prior to stopping these medications.

Iron tablets should be stopped 7 days prior to your procedure.

If you are **diabetic**, you may require special instructions for your medication, especially if you take Insulin. Please ask for a Diabetes Management Leaflet.

If you are on a **GLP-1 agonist** (Ozempic, Wegovy, Mounjaro, Victoza, Saxenda, Trulicity) alternate preparation and fasting instructions are required. Please ask our staff for these.

Otherwise, continue all other tablets as usual, even on the day of the test.

Morning Procedure

No solids or dairy (i.e. milk) from midnight the night before. You may have clear fluids only (i.e. water, apple juice, Gatorade) up until 2 hours before the endoscopy admission time.

Afternoon Procedure

You may have an early breakfast, before 7am, on the morning of the procedure. Then clear fluids only (i.e. water, apple juice, Gatorade) up until 2 hours before the endoscopy admission time.

Following admission preparation at the Hospital, we will need to clear your lower bowel to allow visualisation of the colon wall. In privacy, the Registered Nurse looking after you will administer an enema approximately 30-60 minutes prior to your procedure. Try to hold onto the enema contents for 10-20 minutes prior to going to the bathroom to expel the enema. Your Nurse will assist you with these instructions at the time of administration.

Please ensure you make arrangements for someone to drive you home after the procedure. It is not safe to drive until the following day after having sedation or an anaesthetic.

Please ensure you have read the Flexible Sigmoidoscopy Information and Consent Form and bring this completed to your procedure

If you have any concerns or questions about the preparation, procedure or consent, please contact our office on 07 5574 6133.