

# Flexible Sigmoidoscopy Preparation

**FLEXIBLE SIGMOIDOSCOPY:**

Sometimes referred to as a FLEX-SIG, enables the [physician](#) to look at the inside of the large intestine from the rectum through the last part of the colon, called the sigmoid. Physicians may use the procedure to find the cause of [diarrhea](#), [abdominal pain](#), or [constipation](#). With flexible sigmoidoscopy, the physician can see [intestinal bleeding](#), [inflammation](#), abnormal growths, and [ulcers](#) in the descending colon and rectum.

**Five (5) Days Before Procedure:**

- DO NOT take any aspirin or aspirin products; such as ibuprofen, Naprosyn, Nuprin or Relafen. Tylenol (acetaminophen) is allowed.
- Anticoagulants or blood thinners, such as: Coumadin, Persantine or Plavix. Pradaxa will likely be held as well. **Dr. Hakert's office will need to discuss the protocol for managing these medications with the patient after obtaining clearance from the prescribing doctor.**

**Day Before Procedure:**

- Purchase 2 Fleet enemas from the drug store.
- Approximately 2 hours prior to your appointment, you will give yourself the first enema. Try to hold the liquid in for 15 minutes. If this is not possible, at least 5 minutes is acceptable.
- Follow the same instructions for the second enema, an hour later.
- **DO NOT** eat or drink anything after midnight.

**Day of Procedure:**

- Take any currently prescribed heart seizure or blood pressure medications with a sip of water.
- If you are diabetic: To avoid dangerously low blood sugar, please do not take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your procedure and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE PUBLIC TRANSPORTATION. YOU MUST HAVE A RIDE ARRANGED TO TAKE YOU HOME.**

Procedure Date: \_\_\_\_\_

Check-In Time: \_\_\_\_\_

Location(s): \_\_\_\_\_ Old Town Endoscopy Center  
5500 Greenville Ave Suite 11000  
Dallas, TX 75206  
(214) 739-9544

\_\_\_\_\_ Forest Park Medical Center  
11990 North Central Expressway  
Dallas, Texas 75243  
(972) 234-1900

\_\_\_\_\_ Lake Pointe Medical Center  
6800 Scenic Drive  
Rowlett, TX 75088  
(972) 412-2273

\_\_\_\_\_ Presbyterian Hospital – Dallas  
8200 Walnut Hill Lane  
Dallas, TX 75231  
(214) 345-6789