



FLEXIBLE Sigmoidoscopy without Sedation - Diabetic

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach your physician's office at: 414-918-3556

Special Notes: If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. If you are diabetic, please ask your Managing Physician or Primary Care Physician for diet and medication restrictions. Please do not take any diabetic medication the morning of your appointment, but bring it with you to your procedure. Please review the medication guideline 5 days prior to procedure.

1. 5 DAYS PRIOR TO PROCEDURE

- Review medication restriction list.
- Purchase 2 Fleet Enemas unless you have Chronic Kidney Disease then notify your Physician for alternative prep.

2. 1 DAY PRIOR TO PROCEDURE

- Eat a regular diet.
- NO SOLIDS from midnight until after the procedure.

3. DAY OF PROCEDURE

- Clear liquids are allowed up to 4 hours prior to procedure.
- NOTHING by mouth 4 hours prior to your procedure. (including NO GUM OR HARD CANDY)
- You may brush your teeth but do not swallow.
- Two (2) Fleet enemas two (2) hours prior to leaving for your procedure.
- If you take daily medication you may take it with small sips of water at least 2 hours prior to leaving for procedure.
- Do NOT take your diabetic medication/insulin prior to the procedure. You will be instructed when to resume your medications after the procedure.

MEDICATION RESTRICTION INFORMATION

*Please consult with your prescribing physician regarding the discontinuation of these medications.

Aspirin (ASA)	continue
NSAIDs	continue in low doses
Dipyridamole (Persantine)	*stop 2 days prior
Aggrenox	*stop 2 days prior
Clopidogrel (Plavix)	*stop 5 days prior
Prasugrel (Effient)	*stop 5 days prior
Ticlopidine (Ticlid)	*stop 10 days prior
Ticagrelor (Brilinta)	*stop 3 days prior
Cilostazol (Pletal)	*stop 2 days prior
Anticoagulants	
Warfarin (Coumadin)	*stop 5 days prior
Heparin	hospital indications
Enoxaparin (Lovenox)	*stop 1 day prior
Dalteparin (Fragmin)	*stop 1 day prior
Fondaparinux (Arixtra)	*stop 2 days prior
Rivaroxaban (Xarelto)	*stop 2 days prior
Apixaban (Eliquis)	*stop 2 days prior
Edoxaban (Savaysa)	*stop 2 days prior
Dabigatran (Pradaxa)	*stop 1 day prior
All Supplements	
Vitamin E	stop 5 days prior
Iron	stop 5 days prior
Multivitamins	stop 5 days prior
Fish Oil	stop 5 days prior

DIABETIC MEDICATION GUIDELINES

Day of the procedure: Do not make up or “double up” on any missed medications after the procedure.

If you take:	Morning	Lunch/Dinner	Bedtime
Metformin, Actos, Avandia, Januvia, Janumet, Acarbose, Avandamet, Actoplus Met, Onglyza, Kombiglyze, Glyset	Do not take	Take your usual dose	
Glyburide, Glipizide, Amaryl, Prandin, Starlix, Glucovance, Metaglip, Duetact, Avandaryl, Farxiga (Dapagliflozin)	Do not take	Resume your usual dose if eating	
Tradjenta, Linagliptin	Do not take	Resume dose after procedure	
Lantus, Detemir, Levemir, Isophane, Byetta, Victoza, Tresiba	Take ½ of the usual dose after procedure		Resume your usual dose if ordered at bedtime
Humalog, Humalog S, Novolog, Regular insulin, Premixed insulin: 75/25, Novolin 70/30, Novolog Mix 70/30, Apidre, Humulin insulin	Do not take	Resume your usual lunch/dinner dose if eating	Resume your usual bedtime dose

Insulin Pens: Same as above

Insulin Pumps: use regular insulin. Continue it without change. Administer additional insulin per carbohydrate or other protocol.

**Advise patients to check Blood Sugar 4 x daily if they are taking insulin.

