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## SIGMOIDOSCOPY INSTRUCTIONS

- A regular, light meal for dinner the night before the exam is okay. No food AT LEAST 8 HOURS prior to your scheduled time. ***If you have: gastroparesis or are on a weight loss medication (GLP-1 receptor agonist), you will need to have a clear liquid diet (see Diet List) only, for 24 hours BEFORE your procedure.***
- Cleaning out the large intestine is very important:
  - About 2-4 hours before your appointment, use **3 Fleet Enemas**, which can be bought over the counter at most pharmacies and drug stores. Follow the instructions shown on the package.
  - If you have kidney problems, use **three 500 mL of warm tap water** instead of fleet enemas.
  - Hold fluid in for as long as possible.
  - Repeat this with the second and third enemas, doing them about 30 minutes apart. If you are still passing stool after the third enema, fill the enema bottle with warm tap water and continue to give yourself enemas until the stool has cleared.
- Please call our office to cancel your appointment at least 48 hours before your appointment if you CANNOT make it.

<p style="text-align: center;"><b><u>LOW RESIDUE DIET</u></b> <b><u>(3-5 Days Before Procedure)</u></b></p> <p><b>FRUIT:</b></p> <ul style="list-style-type: none"> <li>• BANANAS, CANTALOUPE, HONEYDEW, SEEDLESS WATERMELON</li> <li>• PEELD AND COOKED FRUITS LIKE APPLESAUCE, PEACHES, APRICOTS, PEARS AND NECTARINES</li> <li>• FRUIT JUICES WITHOUT PULP</li> <li>• AVOID RAW FRUIT WITH SKINS OR SEEDS</li> <li>• AVOID BERRIES, CITRUS FRUITS AND DRIED FRUITS</li> </ul> <p><b>VEGETABLES:</b></p> <ul style="list-style-type: none"> <li>• WELL-COOKED, PEELED VEGETABLES WITHOUT SEEDS OR SKINS: CARROTS, GREEN BEANS, PEELED POTATOES</li> <li>• STRAINED VEGETABLE JUICES WITHOUT PULP</li> <li>• AVOID RAW VEGETABLES, VEGETABLES WITH SKINS/SEEDS: BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS, CABBAGE</li> </ul> <p><b>PROTEINS:</b></p> <ul style="list-style-type: none"> <li>• EGGS, SMOOTH PEANUT BUTTER</li> <li>• TENDER CUTS OF MEAT INCLUDING CHICKEN, TURKEY, FISH, PORK, LAMB</li> <li>• TOFU AND SOFT-COOKED MEATS</li> <li>• AVOID BEANS, LENTILS, NUTS, SEEDS AND TOUGH MEATS WITH GRISTLE</li> </ul> <p><b>DAIRY:</b></p> <ul style="list-style-type: none"> <li>• MILK, CHEESE, YOGURT WITHOUT ADDED FRUITS, SEEDS OR NUTS</li> <li>• SOUR CREAM</li> </ul> <p style="text-align: center;"><b>AVOID HIGH FIBER FOODS (WHOLE-GRAIN BREADS AND CEREALS, NUTS, SEEDS)</b></p>	<p style="text-align: center;"><b><u>SOFT DIET</u></b> <b><u>(Two Days Before Procedure)</u></b></p> <ul style="list-style-type: none"> <li>• WHITE BREAD</li> <li>• AVOCADO</li> <li>• WATERMELON</li> <li>• SMOOTHIES</li> <li>• WHITE RICE, NOODLES, AND PASTA</li> <li>• COOKED POTATOES WITHOUT SKIN</li> <li>• YOGURT (VANILLA, PLAIN)</li> <li>• RIPE BANANAS</li> <li>• LEAN AND TENDER MEATS, CHICKEN, FISH AND PORK</li> <li>• TOFU</li> <li>• EGGS</li> <li>• CHEESE (SUCH AS PROVOLONE, SWISS, MOZZARELLA )</li> <li>• COTTAGE CHEESE</li> <li>• GELATIN, PUDDING, AND POPSICLES</li> </ul> <hr/> <p style="text-align: center;"><b><u>CLEAR LIQUID DIET</u></b> <b><u>(One Day Before Your Procedure)</u></b></p> <ul style="list-style-type: none"> <li>• CLEAR BROTH, BOUILLON, OR CONSOMME</li> <li>• GELATIN (SUCH AS JELLO)</li> <li>• POPSICLES</li> <li>• SWEETENERS, SUCH AS SUGAR OR HONEY MAY BE USED</li> <li>• CLEAR FRUIT JUICES, SUCH AS <b>WHITE</b> CRANBERRY, <b>WHITE</b> GRAPE, APPLE</li> <li>• SODA, SUCH AS 7-UP SPRITE, GINGER ALE, SELTZER, GATORADE</li> <li>• BLACK COFFEE (NO CREAM) TEA</li> <li>• <b><u>Note to stay away from RED, PURPLE AND BLUE dyed foods and drinks!</u></b></li> </ul>
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## Diabetic and GLP-1 Agonist Medication Instructions

Before a colonoscopy or EGD, diabetic patients need to carefully **manage both their blood sugar** and **medication regimen** to ensure a smooth procedure and good recovery. Here's a general approach for medication management for diabetic patients prior to a colonoscopy or EGD:

- You will need to **check your blood sugar more often**. Please check more frequently and at bedtime the first prep day.
- Please check your blood sugar if you experience any **symptoms of low or very high blood sugar**: *Dizziness, confusion, difficulty concentrating, increased thirst, hunger, blurred vision headache.*
- It is important that you still **manage carbohydrates/sugar during your preparation**: Try to get 45 grams of carbohydrates in your liquids at mealtimes. Aim for 15-30 grams of carbs during snack times while on liquids.
- Avoid dehydration**. Proper hydration is crucial, especially since the preparation for colonoscopies involve laxatives that can lead to fluid loss. Continue to drink clear liquids up until 3 hours prior to your procedure start time.

*Please utilize the table for instruction on medication management as you begin your prep and on the day of the procedure.  
Contact us if your medication is not listed.*

Medication	Day before Procedure			Day of Procedure
	AM	Lunch	PM	
Actos (pioglitazone) Farxiga (dapagliflozin) Glucophage (metformin) Invokana (canagliflozin) Januvia (sitagliptin) Janumet	Take usual dose	Take usual dose		Take usual dose
Amaryl (glimepiride) Glucotrol (glipizide) Glucotrol XL Jardiance (empagliflozin)	Do not take	Do not take	Do not take	Do not take
Ozempic, Wegovy, Rybelsus (semaglutide) Trulicity (dulaglutide) Victoza, Saxenda (liraglutide) Bydureon, Byetta (exenatide) Adlyxin (lixisenatide)	If you take any of these <b>weekly</b> , please hold 1 week prior to your procedure. If you take any of these <b>daily</b> , please skip the dose <b>the day before your procedure</b>			Do not take
Lantus or Levemir	Take usual dose		Take usual dose	Take ½ usual dose
Humalog, Novolog, Regular Insulin or NPH <b>*If you use a SLIDING SCALE, please continue as usual</b>	Take ½ usual dose	Take ½ usual dose		Do not take
Insulin Pump	Please contact your endocrinologist			