



WHAT TO DO BEFORE YOU HAVE A LOWER GI PROCEDURE

INSTRUCTIONS Rectal Ultrasound Sigmoidoscopy

These procedures are normally done **WITHOUT** sedation.

If your physician has ordered your procedure to be done with sedation, please follow all instructions.

WHEN	WHAT YOU NEED TO DO	DETAILS
At least 7 days before your procedure	<ul style="list-style-type: none"> • All patients: Purchase 2 Saline Fleets Enemas (not mineral oil) • Rectal Ultrasound & Sigmoidoscopy: If you are taking any blood thinners refer to page 2 • Sedation patients: Arrange for someone to drive you to and from your procedure • Sedation patients: Check which medicines you may need to stop; especially if you are taking any blood thinners, diabetic, or weight loss medications (refer to pages 2-3) 	<ul style="list-style-type: none"> • Sedation patients: The person who is escorting and driving you must stay in the building during the entire length of your procedure <ul style="list-style-type: none"> ○ Public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walking home is not allowed without a chaperone
1 Day before your procedure		
During the day	<ul style="list-style-type: none"> • You can continue to eat as you normally would, but try to avoid food that are high in fiber 	<ul style="list-style-type: none"> • Examples of high fiber foods: salads, green vegetables, brown rice, quinoa, whole grain bread, brown pasta, beans, seeds, and nuts
Day of your procedure		
Meals	<ul style="list-style-type: none"> • Sedation: must be NPO in order to receive sedation for their procedure • No Sedation: You may eat light meals until your procedure time 	<ul style="list-style-type: none"> • Sedation: <ul style="list-style-type: none"> ○ No solid foods 8 hours prior to your procedure ○ No clear liquids 4 hours prior to your procedure
2 hours before you leave for your procedure (ALL patients)	<ul style="list-style-type: none"> • Give yourself 1 enema, hold enema as long as possible • Wait 15 – 20 minutes, repeat with the 2nd enema 	<ul style="list-style-type: none"> • If you cannot take or are unable to administer enemas, let us know



Lower GI Procedures: FREQUENTLY ASKED QUESTIONS

Do I need to use enemas?

Yes. Fleets enemas clean out the lower portion of the colon and rectum. In order to properly see the lining of the colon, it must be completely clean. A colon that is not properly cleaned may make it hard to see. This may lead to incomplete exams.

What are the side effects of the enemas?

The enemas are meant to cause a bowel movement. It may take several minutes after administering the enema for a bowel movement to happen. Plan to be at home and near a bathroom. Some people have rectal irritation/discomfort or stomach cramps. This is normal. Do not be alarmed if you have these symptoms.

If I am having diarrhea, do I still need to have enemas?

Yes. Your colon is about 5 feet long. The enemas clean out the lower portion of the colon.

The enemas didn't have any results.

Is that OK?

The purpose of the enemas is to initiate a bowel movement. If you do not have a bowel movement by the time you leave for your appointment, please give us a call and we will give you instructions on what to do next.

I'm receiving sedation. Why can't I drive myself home after the procedure?

You will be given medicine that will make you sleepy for your procedure. This medicine impacts your judgment and reflexes. And for medical and legal reasons, you may not drive yourself home after your procedure.

Who can accompany me to my appointment if I'm receiving sedation?

The person who is escorting and driving you must be a responsible adult over the age of 18. This can be a family member, friend, or caregiver.

If I receive sedation, can I take a taxi, bus, or walk home by myself? What if I don't receive sedation?

If you receive sedation for your procedure, you are NOT allowed to take public transportation (taxis, buses, Uber/Lyft), non-medical transport, or walk home without a chaperone. If you do NOT receive sedation you can drive yourself home or use other means of transportation to take you home.

Which medicines should I stop taking before my procedure?

ALL blood thinners: Consult with your physician who ordered the medication when it is OK to stop.

The GI Lab recommends stopping:

Plavix (Clopidogrel): 5 days Brilinta (Ticagrelor): 5 days
Eliquis (Apixaban): 2 days Xarelto (Rivaroxaban): 2 days
Lovenox: 24 hours Pradaxa (Dabigatran): 2 days
Coumadin (Warfarin): 5 days

If you are unable to stop for the recommended time listed above, please contact the GI lab.

Which medicines am I allowed to take?

- Tylenol is OK to continue taking
- You do not need to stop your daily aspirin 81mg, as it is safe to perform endoscopic procedures while taking aspirin
- It is safe to perform endoscopic procedures while using anti-inflammatory medications such as ibuprofen (Motrin, Advil) and naproxen (Aleve). However, we highly recommend you try and limit their use (if possible) within 7 days before the procedure.

Which medicines should I take on the day of my procedure? (Sedation patients only)

Continue to take any heart, blood pressure, asthma, anxiety, and seizure medicines on the day of your procedure. If you take blood pressure medicine you should take it on the day of your test with a small sip of water at least 3 hours before your test.



Lower GI Procedures: FREQUENTLY ASKED QUESTIONS

What if I take diabetes medicine?

If you are not receiving sedation, you can continue taking your diabetic medicine, as prescribed.

If receiving sedation:

1 WEEK PRIOR to your procedure HOLD all GLP-1 Agonist Medications (injectable & oral):

- Examples: Semaglutide, Ozempic, Wegovy, Trulicity, Tirzepatide (Mounjaro, Zepbound), Byetta, Bydureon, Victoza, Adlyxin, Rybelsus

The DAY BEFORE your procedure:

- You may take the full dose of any oral diabetic medications
- Half of any long-acting insulin dose if scheduled only at night
- Check your blood sugar often throughout the day

On the DAY OF your procedure:

- Do not take any oral diabetic, short-acting insulin, or weight loss medications
- Half your long-acting insulin dose if scheduled during the day
- Check your blood sugar prior to leaving to your appointment

What do I need to remember on the morning of my appointment?

- Bring ID, insurance card, and payment if needed. Debit and credit cards are accepted. We do not accept Care Credit, cash, or check.
- Do not wear any jewelry and do not bring valuables with you
- Your driver must be a responsible adult who must stay in the building during the entire length of the procedure (approx. 2 hours)

How long will the test take?

Procedures take 30-45 minutes to complete. For patients receiving sedation, please plan to spend about 2 hours at the endoscopy lab.

Can I drink alcoholic beverages?

Avoid drinking alcohol for several days prior to your scheduled procedure since alcohol can cause dehydration and thin your blood.

Can I chew gum or suck candy? Brush my teeth? Wear my dentures?

Yes, you may chew gum but avoid those with soft centers or red or purple coloring. Yes, you may brush your teeth. Yes, you may wear your dentures to the endoscopy lab. However, you may be asked to remove them before the procedure.

Can I have the procedure done if I am having my menstrual period?

Yes, the procedure can still be performed. We ask that you use a tampon if possible.

Will I need antibiotics?

If you have a prosthetic heart valve or had a previous joint replacement, the latest recommendations from the Gastrointestinal and Cardiovascular societies do not recommend the use of antibiotics. If you are a patient receiving peritoneal dialysis, please ask your doctor if you should receive antibiotics before your procedure.

When will I get the results of my procedure?

You will be given verbal and written instructions immediately after your procedure. If biopsies are taken or if polyps are removed, it may take up to two (2) weeks for the pathologist to process and review these specimens. You will then receive your results either by letter or by phone. Please do not call for results until after 2 weeks has passed.

Address and Locations

Loma Linda University Health offers 3 locations that you can have your sigmoidoscopy performed at.

Loma Linda University Medical Center

11234 Anderson Street
Loma Linda, CA 92354
GI Lab is on the Lobby Level – Suite 1405

Mountain View Surgery Center

10408 Industrial Circle
Redlands, CA 92374

Loma Linda Surgical Institute

25915 Barton Road, Ste.101
Loma Linda, CA 92354



Where do I park for procedures at the Loma Linda University Medical Center?

All Visitors can park at the P3 Parking Structure, which is on the corner of Barton Road and Campus Street.
11283 Campus Street
Loma Linda, CA 92354

I have more questions, who do I call?

For procedures scheduled at
Loma Linda Medical Center
Ph: (909) 558-4668.

For procedures scheduled at
Mountain View Surgery Center
Ph: (909) 796-7803.

For procedures scheduled at
Loma Linda Surgical Institute
Ph: (909) 551-3940.







Clear Liquid Diet Instructions

You have been scheduled to have a procedure where a clear liquid diet might be indicated.

A clear liquid diet is often used before tests, procedures or surgeries that require no food in your stomach or intestines, such as before endoscopies. A clear liquid diet helps maintain adequate hydration, provides important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

What is a Clear Liquid?

- A liquid is considered clear if you can see & read through it.
- Includes only liquids without any pulp, bits of food, or other residues.
- **Alcohol beverages are NOT considered part of a clear liquid diet.**

 These foods & drinks are OK	 These foods & drinks are NOT OK
<ul style="list-style-type: none">• Soda pop, ginger ale, and club soda• Water• Coconut Water (no pulp)• Black Coffee (no cream)• Clear Sports Drinks• Clear Fruit Juices, no pulp (apple, white grape)• Tea (no cream or milk)• Soup Broth• Honey• Jell-O (no red or purple coloring)• Popsicles (no red or purple coloring)• Gummy Bears (no red or purple coloring)	<ul style="list-style-type: none">• Breads, Grains, Quinoa, Rice, or Cereal• Soup with added ingredients like noodles, vegetables, meats, or cream• Meat products• Dairy products• Vegetables• Fruits• Milkshakes• Coffee with cream• Non-clear fruit juices (pineapple, tomato, orange, grapefruit, mango, etc.)• Milk, including substitutes like soy or nut milks• Alcoholic Drinks