

# Flexible Sigmoidoscopy & Lower EUS Prep Instructions



**FOLLOW THESE INSTRUCTIONS EXACTLY OR YOUR PROCEDURE WILL BE CANCELLED.**  
**If questions, call the office: (978) 459-6737, option 5.**

Note: if you are having an EUS and colonoscopy together, you only need to follow the directions for the colonoscopy as those instructions will cover both procedures.

## 1 WEEK BEFORE

- Find an adult to drive you home after your procedure. Taxis or ride shares (Uber, Lyft, etc.) are not allowed unless accompanied by a responsible adult.
- Check your medications. If you are taking blood thinners (Eliquis, Plavix, Effient, Xarelto, Brilinta, Coumadin) or diabetes/weight loss meds (Trulicity, Ozempic, Wegovy, Mounjaro, Saxenda, Rybelsus, Zepbound, semaglutide, phentermine), check the appointment page to see whether they need to be stopped. **If questions, call 978-459-6737, option 5.**
- Purchase 2 fleets enemas. If you have difficulty obtaining enemas, please call 978-459-6737.

## 1 DAY BEFORE

**11 P.M.**

- 30 minutes before bed, administer one fleet enema rectally.
- Do not eat or drink anything after 11 P.M. No gum or candy. You cannot use marijuana of any kind after 11 P.M.

## THE DAY OF

**7 A.M.**

- Do not eat or drink anything today or your procedure will be cancelled. No gum or candy.
- 2 hours before your procedure, administer one fleet enema rectally.
- If you are on insulin for diabetes, take 1/2 your normal morning dose. Take your other medications as usual unless instructed to stop (see appointment page).
- Be available by phone all day in case we need to reach you regarding your procedure.

### ENDOSCOPY LOCATIONS

Lawrence General Hospital - 4th Floor  
1 General St, Lawrence, MA  
(978) 683-4000, ext. 2630

Lowell General Hospital Main - 2nd Floor  
295 Varnum Ave, Lowell, MA  
(978) 937-6049

Northeast Endoscopy Center - 1st Floor  
59 Lowes Way, Lowell, MA  
(978) 513-8755

# Endoscopy Prep Frequently Asked Questions



## **FOOD/DRINK QUESTIONS**

**Can I eat or drink the day of my procedure?** **NO.** You cannot have anything to eat or drink starting at 11PM the night before your procedure. This includes no gum or candy. If you eat or drink anything, your procedure will be cancelled.

**Will I starve without food?** Medically, it is safe to go without food and drink while you wait for your procedure. If you have diabetes, we will schedule you for the morning to minimize fasting. See the appointment page for how to adjust your diabetes medications.

## **MEDICATION QUESTIONS**

**What if I take blood thinners?** 1 week before your procedure, check the appointment page to see if your blood thinner needs to be stopped. Examples of blood thinners include: apixaban/Eliquis, clopidogrel/Plavix, dabigatran/Pradaxa, prasugrel/Effient, rivaroxaban/Xarelto, ticagrelor/Brilinta, and warfarin/Coumadin. If you are not sure, contact the office at **978-459-6737, option 5.**

**What if I have diabetes?** If you are on insulin, on the day of your procedure, take only 1/2 the dose of insulin. If you take other medications, check the appointment page to see if they need to be stopped. If you feel like your blood sugar is low while preparing, drink apple juice.

**What if I take weight loss medications?** 1 week before your procedure, check the appointment page to see if your medication needs to be stopped. Examples of weight loss medications that may need stopping include: Trulicity, Ozempic, Wegovy, Mounjaro, Saxenda, Rybelsus, Zepbound, semaglutide and phentermine. If you are not sure, contact the office at **978-459-6737, option 5.**

**What about my other meds?** Take your other medications as usual. You don't need to stop unless directed on your **appointment page.**

## **PROCEDURE QUESTIONS**

**Who can pick me up from my procedure?** Driving after anesthesia is considered driving under the influence. If you don't have a ride, your procedure will be cancelled. An adult must pick you up after your procedure. No taxis, ride shares (Uber, Lyft), or public transportation unless you are accompanied by a responsible adult. The nurse will notify your ride when you should be picked up.

**How long will my procedure take?** About 1-3 hours, but may be longer. If the procedure is longer than expected, your ride will be notified.

**Can I use marijuana?** No, you cannot use marijuana of any kind after 11 P.M. the night before your procedure.

**Do I need to remove my mouth piercings?** Yes, please remove all mouth piercings prior to coming for your procedure.

**What if I am having a colonoscopy the same day?** If you are having both an endoscopic ultrasound (EUS) and a colonoscopy together, you only need to follow the colonoscopy prep instructions because that will cover both procedures.