SUMMIT GASTROENTEROLOGY
SPECIALISTS IN DIGESTIVE HEALTH CARE.

Digestive Health Specialists
powered by GI Alliance

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Sigmoidoscopy Prep

Patient _____

Doctor _____

Date _____

Arrival Time _____

Procedure Time _____

LOCATIONS:

____ **St. Luke's Outpatient Surgery Center**
120 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **Lee's Summit Medical Center**
2100 SE Blue Pkwy.
Lee's Summit, MO 64063

____ **St. Luke's East Hospital**
100 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **College Park (CP Surgicenter)**
10787 Nall Ave Ste 100
Overland Park, KS 66211

To ensure that your test is accurate and complete, you must follow these directions. If you have questions, please call our office at 816-554-3838. Summit Gastroenterology is dedicated to providing you with quality health care. You matter to us!

PURCHASE TWO FLEET ENEMAS FROM YOUR LOCAL PHARMACY.

AT LEAST A WEEK BEFORE YOUR TEST with Summit Gastroenterology:

- Check with your prescribing doctor to make sure it is safe to hold prescription blood thinner:_____ _____for_____days prior. Please do not take any Aspirin or Plavix the day of your procedure.
- Hold prescription diet pills, i.e.-phentermine,7 days prior to procedure.
- Hold weekly dosing of GLP's: Trulicity (Dulaglutide), Bydureon BCise (Exenatide), Mounjaro, Zepbound (Tirzepatide), Ozempic, Wegovy (Semaglutide). *HOLD 1 WEEK PRIOR TO PROCEDURE.

FOUR DAYS BEFORE YOUR TEST

- Hold Steglatro (Ertugliflozin). *HOLD FOR 96 HOURS PRIOR TO PROCEDURE.

THREE DAYS BEFORE YOUR TEST

- Hold Jardiance (empagliflozin), Invokanna (canagliflozin), Farxiga (dapagliflozin). *HOLD FOR 72 HOURS PRIOR TO PROCEDURE.

THE DAY BEFORE YOUR TEST

- Eat light meals the entire breakfast, lunch, and dinner.
- Drink as many fluids as you like.
- Do not eat anything fried, such as hamburgers and french fries.
  - The lighter your diet, the more accurate your test will be.
- Avoid all fatty foods.
- Hold daily dosing GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), Rybelsus (Semaglutide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.

THE DAY OF YOUR TEST

- Use the first enema 2 hours before leaving home.
- Use the second enema 1 hour before leaving home.
- Nothing to eat or drink after midnight. Brushing your teeth and "just a sip" of water is allowed.
- However, if your test is scheduled late in the day (after 12 pm) you may have clear liquids up until 4 hours before your exam.
- **No smoking or vaping the day of the procedure. No chewing tobacco. Avoid ALL tobacco products day of procedure. No chewing gum the day of the procedure.**
- Hold daily dosing GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), Rybelsus (Semaglutide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.
- Hold insulin the day of the procedure.
- Hold all other medications the day of the procedure.

If you take heart, blood pressure, or seizure medications routinely it is okay to take this medication early in the morning of your procedure several hours prior to your procedure. If you use inhalers bring them along with you.

Arrive for your exam at the time listed (no later).

If you are going to receive sedation, YOU MUST HAVE SOMEONE WITH YOU TO DRIVE YOU HOME AND STAY WITH YOU FOR 12 HOURS AFTER PROCEDURE.

If sedated – no work, driving, operating machinery, or making legal decisions for 24 hours after procedure.

Please Note:

- Do not take Aspirin, Plavix, and arthritis medications the day of your exam.
- If you are diabetic: NO INSULIN OR ORAL MEDICATIONS THE MORNING OF THE PROCEDURE. TAKE ONLY HALF A DOSE THE DAY BEFORE YOUR PROCEDURE. IF YOU ARE AN INSULIN DEPENDENT DIABETIC WITH UNSTABLE BLOOD SUGARS NOTIFY YOUR PRIMARY CARE PHYSICIANS FOR INSTRUCTIONS.
- LOVENOX USERS - IT IS IMPORTANT FOR YOU TO CALL OUR OFFICE IMMEDIATELY FOR INSTRUCTIONS IF YOU ARE USING THIS MEDICATION

****Cancellation Policy****
$100 fee for cancellation of endoscopy appointments with less than 72 hours notification.

****Insurance Information****
Our office may verify insurance benefits and contact you to discuss our procedure fee.