

FLEXIBLE SIGMOIDOSCOPY PREPARATION SHEET

If this box is checked then: IT IS NOT NECESSARY TO DISCONTINUE ALL BLOOD THINNERS

If this box is checked you must DISCONTINUE ALL BLOOD THINNERS 5 – 7 DAYS BEFORE your procedure (unless otherwise instructed by your doctor). This includes Aspirin, Advil, Aleve, Ibuprofen, Motrin, Excedrin, Coumadin, Plavix, Vitamin E, Ginko and most arthritic medications. Blood pressure medication is NOT a blood thinner. You may continue to take Tylenol, and your other medications. The morning of your procedure do not take any medication, unless absolutely necessary – *if absolutely necessary then take with only enough water to swallow the pill.*

- 1) Purchase **two** Fleets enemas or the equivalent pharmacy name brand enemas.
- 2) The morning of the procedure, starting 1 ½ hours before your exam use one enema. Lie on your left side, introduce the enema tip and squeeze all the contents into the rectum. Try to hold this inside for 5 – 10 minutes. If you cannot get into this position for any reason, you may sit on the commode to insert and squeeze the enema. Once the contents have been inserted get up, and either sit or lie down for 5 – 10 minutes, then expel the enema.
- 3) After expelling the contents of the first enema – do the exact same thing using your second enema.
- 4) If you have never used an enema before and need instructions, please read the instructions included with the enema or contact the nurse.
- 5) There are no dietary restrictions for this procedure **UNLESS** anesthesia will be used. In that case, you can have nothing to eat or drink after midnight the night before your exam – not even water.
- 6) If you have been told that anesthesia will be used during your exam you will need to have someone drive you home and you will not be able to work/drive that day.
- 7) ***If you are diabetic and will be receiving anesthesia:*** The morning of your procedure **do not** take your insulin/diabetes medication. Please check your blood sugar level before leaving for the hospital. Advise the nurse at the hospital/facility if you are diabetic. *Be sure to bring the medication/insulin with you to the hospital/facility.*

Register at Outpatient Registration

Florida Hospital North (Altamonte Springs)
601 E. Altamonte Dr.
Altamonte Springs, FL 32701
407-303-2251

Please arrive 1 ½ hours prior to your scheduled appointment time

MNH Surgical Center
1101 N Maitland Avenue
Maitland, FL 32751
407-644-4222

Please arrive 1 ½ hours prior to your scheduled appointment time