

FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

- 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, Pradaxa, Eliquis, Xaralto, 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.
- You can have nothing to eat or drink after midnight the night before your procedure – not even water.
 - Purchase **TWO** Fleet enemas or the equivalent pharmacy name brand enemas.

DAY OF PROCEDURE:

- Starting 2 hours before your exam use the first fleet enema. Lie on your left side, introduce the enema tip and squeeze all of 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. After evacuation take the second one, follow the same instructions as above.
- 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.*
- If you use an inhaler (even if only periodically) BRING YOUR INHALER WITH YOU to the procedure.
- Bring a list of all your medications to the procedure; give the list to the nurse.
- **If you are a diabetic:** 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.*
- Arrange for a DRIVER for the procedure day, since you cannot drive yourself. The driver may drop you off and pick you up later, please check with the registration desk for a good pick up time.

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YOUR PROCEDURE IS SCHEDULED ON _____ at _____ you need to arrive @ _____