FLEXIBLE SIGMOIDOSCOPY REPARATION INSTRUCTIONS

PLEASE READ NOW AND AGAIN 1-2 WEEKS BEFORE SCHEDULED PROCEDURE

If you are taking **Coumadin**, any other blood thinner (Aspirin, Plavix), **Diabetes medications (insulin or tablets)**, or heart medications like Digoxin or if you have a pacemaker or defibrillator (AICD): **Notify us to receive specific instructions for these.**

Purchase 2 Fleet Enemas from the pharmacy. Stock up on other clear liquids (see list below)

Do not take Fish oil, Vitamin E, or Iron for the 5 days preceding the procedure (unless specifically instructed to do so by our office). **PLEASE CALL AND SPEAK TO ONE OF OUR NURSES IF YOU ARE NOT SURE ABOUT YOUR MEDICATIONS!!**

**DAY BEFORE PROCEDURE:**

1. Light supper the night before procedure and liquids only thereafter.

**DAY OF PROCEDURE:**

1. You may take your medications (with clear liquid), **only if verified with our office on scheduling**
2. Administer Fleet enema 3 hours before coming to the appointment
3. Administer the 2nd Fleet enema 1 hour before coming to the appointment
3. Report at the specified time. Late arrival may result in cancellation of the procedure. Go directly to the Endoscopy Unit **AND BRING YOUR LIST OF MEDICATIONS WITH YOU**

**ALLOWABLE CLEAR LIQUIDS:**

- Gatorade (or similar Sports drinks – highly recommended !!), Water, Tea without milk, Ginger-ale, Soda, Apple juice, Broth, Popsicles (not red, green or grape), Jello (not red, green or grape). Avoid red, green and purple liquids also.

- If you have any questions, please contact our office immediately at: **978-232-1120**
- Please call and **confirm** this procedure date and time **one week in advance!!**

*If you must cancel or reschedule, please do so well in advance of the procedure (at least 5 working days before the scheduled procedure) so that other patients may be booked into that time slot!!*

**Thank You !!!!**