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. NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

DAY OF PROCEDURE:

1. You may take your medications (with clear liquid), only if verified with our office on scheduling.
2. Administer Fleet enema 1 hour before coming to the appointment.
3. Administer the 2nd Fleet enema 1/2 hour before coming to the appointment.
4. 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.

All patients must make arrangements to be picked up and accompanied home by a friend or relative after discharge from the endoscopy. You are not allowed to go home by yourself, even on public transportation or taxi. You are not allowed to drive, operate machinery or make business decisions for the rest of the day.

You will be ready to return home at approximately 3 HOURS FROM ARRIVAL

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!!