

Medicated Sigmoidoscopy Prep 2018

Your Sigmoidoscopy is scheduled on Date : _____ at Time: _____

You should arrive at Time: _____ Location of Procedure: _____

Please Note: The arrival time is earlier than the procedure time. This will allow for preparation time. You MUST have a DRIVER to take you home. The driver must remain at the facility for the duration of your stay. If you do not have a driver present, your procedure will be canceled.

Confirmation of appointment: You will be called 7 days prior to your procedure. If we do not reach you, we will continue calling up until 3 days prior to your scheduled procedure.

Please Note - If we do not receive a phone call from you, your procedure will be cancelled. You may leave a message at the office to confirm, cancel or reschedule.

***If you take a blood thinner listed below follow your physicians' instructions for when to stop:**

Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto, Pradaxa (Dabigatran)

*****Several days before your procedure: Remember to purchase 2 Fleet enemas (green and white box) at your local drug store.**

Please take the medications that you normally take. It is important to continue your medications for your heart, blood pressure, asthma, and or other chronic medical conditions as instructed by your physician.

One (1) day before your Sigmoidoscopy, Date: _____

You may have a normal diet today until midnight, and then begin clear liquids which you may have up to 3 hours prior to your procedure. (NO SOLID FOOD OR MILK PRODUCTS).

*Clear liquids include: water, apple juice, popsicles, jello, broth, black coffee, Gatorade, tea, and soft drink (no red or purple). You may use only: lime, lemon, banana, pineapple or peach Jello and popsicles.

The day of your Sigmoidoscopy Procedure, Date: _____

*If you take Heparin or Lovenox: Do not take the day of your procedure.

*If you are a diabetic, please hold all diabetic medications. You may bring them with you.

*Take your morning medication, with the exception of those listed above, with a sip of water at least 3 hours before your procedure, unless otherwise instructed by your physician.

***Use one Fleet Enema as directed on the box 2 hours before you leave home. Use the second Fleet Enema as directed on the box 1 hour before you leave home.**

If you are traveling for some distance, please give yourself more time than two hours before for the first enema and more than one hour before for the second enema, if needed.

DO NOT have anything by mouth 3 hours before your procedure, Time: _____

No Gum, Mints, Hard Candy, or Chewing Tobacco 3 hours prior to your procedure.