

DR INGLE INSTRUCTIONS
FLEXIBLE SIGMOIDOSCOPY

PLEASE PURCHASE OVER THE COUNTER:

- Two packages of "Fleet" brand enemas.

7 DAYS BEFORE THE PROCEDURE _____

- **STOP** taking aspirin or aspirin containing products, unless you are taking aspirin recommended by your Doctor for heart or cerebrovascular protection. Tylenol is okay if needed.
- Stop any iron containing products (such as a multivitamin with iron).
- Stop eating popcorn and foods with seeds or nuts.

5 DAYS BEFORE THE PROCEDURE _____

- Stop taking any non-steroidal, anti-inflammatory medications such as Ibuprofen, Motrin, Advil, Naproxen, Aleve, etc. If you are unsure of the medications you are taking please call your doctor's office. You may continue to take Tylenol.
- Stop taking any herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, etc.
- Stop taking any blood thinner medications **as instructed by your physician**, such as Coumadin, Warfarin, Lovenox, Plavix, etc.

THE DAY OF THE PROCEDURE _____

- **NO SOLID FOOD AFTER MIDNIGHT.**
- **CLEAR LIQUIDS ARE OKAY UP TO 6 HOURS PRIOR. SEE REVERSE FOR DETAILED LIQUID DIET INSTRUCTIONS.**
- **DO NOT CONSUME ANYTHING BY MOUTH (NO FOOD OR LIQUID) FOR AT LEAST 6 HOURS BEFORE YOUR PROCEDURE.**
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible unless specified by your physician.
- Administer two (2) Fleet brand enemas (rectally) 60 minutes prior to your procedure. Follow the directions on the box.

***You are required to arrange a drive for your procedure. You should not work, drive or make any major decisions for up to 12 hours. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.**

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN
CANCELLATION OF YOUR PROCEDURE**

CLEAR LIQUID GUIDELINES

HOT OR ICED TEA

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH- NO CREAM OR DAIRY SOUPS

JELLO- LEMON OR LIME ONLY

POPSICLES- LEMON OR LIME ONLY

GATORADE- LEMON, LIME OR CLEAR ONLY

WATER

ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUR OFFICE WITH QUESTIONS. 276-2811

NO SOLID FOOD. NO ALCOHOL. NOTHING PURPLE, RED OR ORANGE COLORED.