



Flexible Sigmoidoscopy Instructions

-Please purchase at the over the counter-
 *Two Fleet Enemas (Sold in the laxative section)

Have you had a heart attack within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any heart or blood vessel (vascular) stents?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you had any blood clots within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you recently had a medical procedure done?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

7 Days before procedure

- **Stop** taking iron containing products such as single supplement iron or multivitamins with iron
- **Stop** eating foods with seed, nuts or popcorn

5 Day before procedure

- **Stop** taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, ect
- **Stop** taking any non-steroidal, anti-inflammatory medication such as Ibuprofen, Advil, Aleve. You may take Tylenol if needed
- **If you are taking Aspirin under the advisement of another physician you should continue taking this medication**

1 Day before the procedure

- **Stop all solid foods.** You may only have clear liquids when you get out of bed. Please see clear liquid guidelines
- Continue drinking clear liquids until midnight. Then nothing by mouth until after procedure.

On the day of the procedure

- **No solids or liquids**
- Only blood pressure or heart medication may be taken on the day or procedure with the smallest amount of water possible.
- Take two enemas rectally 4 hours prior to your procedure. Follow instructions on the container.



Clear Liquid Guidelines

BLACK COFFEE, HOT OR COLD ICE TEA

(NO ESPRESSO SCREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE, OR WHITE GRAPE JUICE

CHICKEN BROTH OR BEEF BROTH – NO CREAM OR DAIRY

GATORADE (GREEN, YELLOW, OR CLEAR)

WATER

***You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs. after your procedure. 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 AS WELL AS A \$250.00 FEE.