

## FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

### PROCEDURE PREPERATION INSTRUCTIONS

- Your medical record has been reviewed and we have completed your health assessment based on the information we have available.

### PURCHASE AT YOUR PHARMACY OR GROCERY STORE

- Two Fleets enemas
- **Contact our office if:**
  - you had any major surgery, heart problems, stroke, or changes in your health since your last exam.
  - you are on COUMADIN OR OTHER BLOOD THINNERS so that we can determine when you need to stop these medications prior to the procedure.
  - you are DIABETIC AND ARE ON INSULIN for specific instructions.
  - you have questions regarding the preparation or about which medications, you should and should not take.

### THREE DAYS BEFORE THE PROCEDURE

- Please do not take any vitamins, minerals or herbal supplements for three days before your procedure.
- Please continue to take your prescription medications, if you have questions about specific medications, please call our office.

### THE DAY BEFORE THE PROCEDURE

- Eat lightly today. **DO NOT** eat any popcorn, nuts, seeds, fresh fruits or vegetables. Drink plenty of clear liquids.

### ON THE DAY OF THE PROCEDURE

- **DO NOT EAT OR DRINK ANYTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE, INCLUDING CLEAR LIQUIDS.**
- Failure to follow this may result in cancellation of your procedure.  
CLEAR LIQUIDS: Water, chicken broth, beef broth or vegetable broth, juice such as white grape, apple, lemonade without pulp, sodas - diet and regular, Gatorade or other sports drinks, tea, coffee (black), Jell-O and popsicles. **NO RED OR PURPLE DYES.**
- Anyone visiting the facility (patient or driver, etc.) should not wear fragrances such as perfume, cologne, scented lotions or oils, as these may cause others to have an allergic reaction.

### TWO (2) HOURS BEFORE THE PROCEDURE

- Take two **Fleets enemas**. Insert one **Fleets enema** initially and hold it several minutes until you have the urge to expel it. After you have completed this first enema, wait 30 minutes then take the second enema. This usually produces a clean lower colon. If you are still passing solid stool particles, then fill the enema container with tap water and repeat the enemas until the return is reasonably clear.

### NO DRIVING AFTER THE PROCEDURE

- Sedation is used with most of these procedures and will require that you have a responsible adult escort you to the appointment, even if you take a taxi. This person will need to wait during the procedure, listen to home care instructions, and escort you home after the procedure. Please be advised that your procedure will be delayed until your driver can be present.

Contact our office if you have preparation questions, Monday-Friday, 8am to 5pm at 208-489-1900. For any after hour concerns you can leave a message with our afterhours answering service and we will return your call as soon as possible.