



DIGESTIVE HEALTH CENTER

Flexible Sigmoidoscopy – Fleets Enema Prep

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

Flexible Sigmoidoscopy – This procedure involves guiding a flexible, lighted tube-like instrument into the rectum and lower colon.

3-5 DAYS PRIOR	THE DAY OF PROCEDURE
<p>At PHARMACY – No prescription needed Purchase the following:</p> <div style="text-align: center;">  </div> <p>Two (2) Fleets Enemas</p> <div style="text-align: center;">  </div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>Arrange for a driver on the day of your procedure ONLY IF YOU ARE GOING TO BE SEDATED FOR THE PROCEDURE. Otherwise you may drive yourself to and from the procedure.</p>	<p>You may have clear liquids until 2 hours before your exam.</p> <p>CLEAR LIQUIDS: Must be something you can see through. No red or purple! Examples: Gatorade or Powerade, clear broth or bouillon, coffee, tea (no added milk or creamer), strained fruit juices without pulp, Jell-O, popsicles, Kool-Aid or Crystal Light</p> <p>*** If you are planning on having sedation – you must stop clear liquids 3 hours before your exam.</p> <ul style="list-style-type: none"> - If you are Insulin dependent, do not take your morning dose of insulin. - You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale. - Please bring your insulin with you to procedure center. <p>All patients may take morning medications with sips of water.</p> <p>At _____: 2 hours prior to your scheduled procedure time: Take two (2) Fleets laxative type enemas. Follow the instructions on the package.</p> <p>REMEMBER – if you are going to be sedated: Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure. **Also no gum, hard candy, mints and tobacco products in these 3 hours.</p> <p>If you are unsure of your colon cleansing, please call the Procedure Center at 330.869.0178 or your Physician’s office for assistance.</p>