Flexible Sigmoidoscopy Preparation

Purchase the Following Products:

1. Two (2) Fleet enemas at any pharmacy over-the-counter

Medications:

- Take all your regularly prescribed medications at least two (2) hours before you arrive. **If you have an inhaler, please bring it with you.**

Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT take it the morning of your procedure.**
- Bring your insulin with you.
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- Completed paperwork forms that were sent to you
- Photo ID and Insurance Card
- List of all medications, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)

The Night BEFORE Your Exam:

- No food after midnight (12:00 AM)
- You may drink plenty of clear liquids up until 2 hours before you arrive. **Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE**

The Day Of Your Exam:

- Continue drinking only CLEAR liquids until **2 hours** before you arrive.
- **Two (2) hours** before you arrive, use the two (2) Fleet enemas as directed on the package.
- **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOU ARRIVE!**

Please read all instructions thoroughly.

Call us immediately at 801-619-1115 if you have severe allergies to soy beans or eggs.

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~90 minutes total). NO EXCEPTIONS.

Granite Peaks Endoscopy Center
10150 S Petunia Way, Sandy, UT  84092
801-619-1115

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Arrive at the Endoscopy Center at your scheduled registration time. Call us with any questions regarding your preparation.

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