

Flexible Sigmoidoscopy Preparation

Purchase the Following Products:

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

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~ 2 hours total). NO EXCEPTIONS.

Please read all instructions thoroughly.

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! (This includes water, gum and mints. NOTHING by mouth.)**

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)
- **Wear a short-sleeved shirt**

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

Granite Peaks Endoscopy Center
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