



DIGESTIVE HEALTH CONSULTANTS
Of Northern California

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PATIENT INSTRUCTIONS FOR SIGMOIDOSCOPY

(Enema Prep)

Arrival Date: _____

Arrival Time: _____

Your procedure will be performed at the: Office EndoCenter Memorial Hosp Warrack Hosp

MEDICATIONS:

If you take Coumadin or Iron preparations then the doctor should have reviewed with you whether or not these medications need to be stopped and when. If not, please ask now.

In general insulin and oral medication for diabetes should not be taken the morning of the examination. Additionally you may need to reduce the dose of your medication the day before the examination when you are on a clear liquid diet. Ask the doctor if you are unsure.

ALL OTHER MEDICATION MAY BE CONTINUED, EVEN ON THE MORNING OF THE EXAMINATION.

PREPARATION INSTRUCTIONS:

The success of the exam is very dependent on how well you cleanse your colon. Carefully following these instructions will help you to do your best.

- 1) **Obtain your Fleet Enemas a few days before your exam.** You will need 2 enema bottles.
- 2) **Do not eat after midnight the evening before your exam** is scheduled. You may have clear liquids the morning of your procedure. Examples are on the back of the form.
- 3) **2 HOURS BEFORE YOUR EXAM**, use the first enema. Instructions are on the box.
- 4) **1 HOUR BEFORE YOUR EXAM**, use the second enema.

Arrive at the scheduled location 10 to 15 minutes before your exam is scheduled to be performed so that you have time to relax. A restroom is available if needed. The examination will only take about 15 to 30 minutes. Occasionally you may feel lightheaded or bloated afterwards but these symptoms usually resolve quickly.

You DO NOT need to arrange for transportation. (No sedation is necessary for procedures done in the office)

You Do need to arrange for transportation. (Sedation will be necessary for procedures done at the hospital). Please confirm your release time when you arrive to the hospital.

If you have questions or if you are unable to keep this appointment kindly give us 1 weeks notice. A cancellation fee of up to \$100 may be charged if you fail to give notice. You may call the office at 544-5093 during our business hours-- 9AM to 4:30PM Monday to Friday.

Examples of Clear Liquids

Water

White grape juice

Apple juice

Bouillon

Consommé

Tea

Kool-Aid or Jello (but no red or purple color please)

Soda

Coffee (without dairy products or creamer)