

PREPARATION INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Appointment date: _____
Appointment time: _____
Location: _____

STOP the following medications:

- Aspirin for ten days before the appointment
- Arthritis medicine and anti-inflammatory medicine for two days before the appointment

Examples of aspirin containing medicines or arthritis medicines are: Nuprin, Bufferin, Anacin, Advil, Motrin, Indocin, Voltran, Aleve, and Ecotrin. It is alright to take Tylenol or acetaminophen.

If you are taking the following medication, CONTINUE taking them as prescribed:

- Heart medicine
- Breathing medicine
- Blood pressure medicine
- Any other prescribed medicines.

Special instructions for patients on Coumadin:

You usually may eat a regular diet before having a sigmoidoscopy. Sometimes, your doctor may ask you to stay on a clear liquid diet and avoid other foods for several hours before the appointment. Liquid diet includes: carbonated beverages, coffee and tea without milk, jello and popsicles (except red colored), apple juice, cranberry juice, grape juice, clear beef or chicken broth, and hard candies.

For morning appointment:

1. In the evening before your exam, give yourself one **Fleets Enema**, according to the instructions on the package.
2. On the day of your exam, give yourself one **Fleets Enema**, about one hour before coming to the clinic.

For afternoon appointment:

1. At about 8:00 AM on the day of your exam, give yourself one **Fleets Enema**, according to the instructions on the package.
2. One hour before your appointment, give yourself one **Fleets Enema** before coming to clinic.

Fleets enemas may be purchased without a prescription at any drugstore or pharmacy.

Questions? Please call: _____