PREPARATION INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

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:

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Questions? Please call: ________________________________________________________________________________

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.

Document prepared by [http://ethnomed.org](http://ethnomed.org) with GI Department review, Harborview Medical Center, June 2004