

Alexandria Gastrointestinal Specialists, LLC
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Flexible Sigmoidoscopy Preparation

Begin clear **liquid** diet below on Day _____, Date _____.

****The morning of your procedure take 2 Fleet Enemas 2 hours before arrival time.****

- × Coffee, water, tea, carbonated beverages (soft drinks), regular and sugar free.
- × Gelatin dessert, plain or fruit-flavored (**NO** red or green gelatin).
- × Any juice (**NO** red or green).
- × Clear, fat-free beef or chicken broth, bouillon, or clear consommé.
- × Snowball (water-ice, flavored) or Popsicles.
- × Hard candy, sugar, salt.
- × Gatorade, Kool-Aid, lemonade, limeade.

NOTE: Avoid **ANY** liquid not specifically listed above.

You may drink clear liquids until _____.

Special Instructions

Check with your nurse concerning the medicines you take daily. Take your Blood Pressure or Heart medicines with a small sip of water the morning of your procedure.

STOP all aspirin, Plavix, and aspirin-containing medications three (3) days prior to procedure. Hold all anti-inflammatory drugs such as Motrin or Aleve the day before the procedure. Please notify your doctor if you take blood thinners such as Coumadin. If you are diabetic, you should not take your insulin or diabetes pills the morning of the procedure. These can be resumed after the next meal following the procedure. Do not take any long-acting insulin the night before the procedure.

Since sedation is used during procedure, it is necessary for a family member or friend to come with you to drive you home. Both you and your family member should be prepared to stay 3-4 hours. The doctor will report to your family member follow the procedure. Someone should stay with you several hours after returning home from the procedure.

Contact your Physician at (318) 448-5310 if you experience severe abdominal pain, fever, rectal bleeding, vomiting or any other problems during your procedure preparation. After office hours, call (318) 448-5310 and ask to speak to the GI doctor call. **CALL Tabbie or Sandra at (318) 448-5310 with any questions.**