

FLEXIBLE SIGMOIDOSCOPY PREPARATIONS

Patient's Name: _____

Appointment Date: _____ Arrival Time: _____

Location: St Thomas Medical Plaza – STE 309 WEST

ATTENTION: Please read this packet in its entirety prior to prepping for your procedure.

A BROKEN APPOINTMENT IS A LOSS TO EVERYONE. PLEASE GIVE US A 48 HOUR NOTICE TO AVOID ADDITIONAL CHARGES AND ALLOW THIS TIME TO BE OFFERED TO SOMEONE ELSE.

If you have had an upper GI x-ray and the doctor has not seen it, please bring it with you.

Shopping List (no prescription needed):

- Four (4) Senekot tablets
- Two (2) enemas

Preparation

The afternoon before your procedure you should have a clear liquid supper. Take the four (4) Senekot tablets at bedtime the night before your procedure.

If your procedure is scheduled before noon, DO NOT eat or drink anything after midnight the night before your procedure except a small amount of water to take your regular medications.

If your test is scheduled after noon, you may have clear liquids until 7:00am the day of your procedure. After 7:00am, you should not have anything to drink except a small amount of water to take your regular medications.

One hour before leaving home, take two enemas rectally according to the following instructions: Take one enema, hold it for three to five minutes, and then expel the fluid; immediate take the second enema by the same instructions.

The following list includes examples of clear liquids:

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| • WATER | • LEMONADE |
| • ICE | • COFFEE (NO CREAM) |
| • CARBONATED BEVERAGES
(SPRITE, 7-UP, GINGER ALE) | • GATORADE |
| • CONSOMMÉ | • JELLO –NO RED/PURPLE |
| • BROTH-CHICKEN OR BEEF | • POPSICLES – NO RED/PURPLE |
| • APPLE JUICE | • NO BEVERAGES CONTAINING
ALCOHOL |
| • GRAPE JUICE | <i>*All of these things should be see through. DO NOT
drink anything containing red food coloring.</i> |
| • 100% ALL NATURAL-WELCHS | |

All regular medications should be taken with just a small amount of water on the day of the procedure.

If you are diabetic on insulin, take one-half (1/2) of your regular dose the morning of your procedure.

If you are on Coumadin, aspirin, or any other blood thinner or if you have any questions regarding these instructions, please call the nurse at (615) 383-0165.