

DIGESTIVE HEALTHCARE

Preparation for Flexible Sigmoidoscopy

Name _____ Date _____ Arrival Time _____

Location _____ Physician _____

For 3 days before the exam, DO NOT take Aspirin, Ibuprofen, Aleve, Motrin, Iron, Naproxen, BC Powder, or Goody's Powder.

Stop Coumadin/Plavix on _____. Have lab work drawn on _____.

If you are diabetic, follow these instructions: _____
_____.

Take your usual morning medicines on the day of the exam with a small sip of water unless instructed otherwise by the nurse or scheduler.

PREPARATION 1: You may follow your regular diet the day of your test. To prepare the lower bowel, you need to use 2 Fleet's enemas 30 minutes apart beginning 2 hours prior to the test. You may purchase the enemas at the drugstore. Follow the printed instructions that come with the enemas. Hold each enema 5-10 minutes before expelling if possible.

1st enema _____ **2nd enema** _____

PREPARATION 2: If you are having a sigmoidoscopy followed by a barium enema, follow Fleet Prep Kit #3 as instructed.

Call nursing at 791-2040 with any questions.