

# 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.

**1<sup>st</sup> enema** \_\_\_\_\_

**2<sup>nd</sup> 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.**