

Flexible Sigmoidoscopy Prep Instructions

A RESPONSIBLE DRIVER MUST REMAIN AT THE FACILITY THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.

Purchase the Following Products:

- **Two (2) Fleet enemas** at any pharmacy over-the-counter.



Please read all instructions thoroughly. If you have any questions about the instructions, please call our office.

The Night BEFORE Your Exam:

- No food after **Midnight (12AM)**.
- You may drink plenty of clear liquids up until **4 hours** before you arrive.
- Clear liquids include water, sports drinks, black coffee, tea, any soda (light or dark), broth, gelatin dessert, ice pops and juice without pulp.
- **If you smoke, please do not smoke the day of your scheduled procedure.**

Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early. Please call us if you have any questions regarding your preparation.

The Day of Your Exam:

- Continue drinking only CLEAR liquids until **4 hours** before you arrive.
- **Two (2) hours** before you arrive, use the two (2) Fleet enemas as directed on the package.
- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints.)**
- If you are not passing clear stool after your prep, please purchase and drink one bottle of Magnesium Sulfate. **If your stool remains unclear, please call (318) 631-9121 for additional recommendations.**



Medications:

- Take your regularly scheduled blood pressure, heart and seizure medications with a sip of water at least two (2) hours before you arrive.



Diabetics:

- Test your blood sugar before coming in for your procedure, and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician who manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.



Blood Thinners:

- If you are taking blood thinners (such as Coumadin, Warfarin or Plavix), call your prescribing physician, and ask if you may stop taking the medication 3 to 7 days prior to your procedure if you have not received instructions.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.



Bring with you:

- Completed paperwork forms that were sent to you
- Photo ID and Insurance Card
- List of all medications, vitamins and supplements you are taking (include dosage, and last date and time each medication was taken before your arrival)
- Wear a short-sleeve shirt.

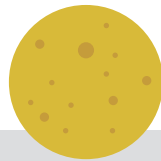
Is Your Bowel Clean?



- Semi-solid stool
- Dark & murky



- Liquid stool
- Small amount of feces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid

READY



Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early. Please call us if you have any questions regarding your preparation.