



## PREPARATION INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

«FirstName» Date of Appointment: «encDate» with Dr. «RendPrLName» Be at the location marked below by:

Pre-Register at least 2 days prior when scheduled at the hospital:

\_\_\_ Alaska Digestive Center 563-1750    \_\_\_ ARH Day Surgery 264-1952    \_\_\_ Providence Day Surgery 212-3149  
4048 Laurel Street St 103A    2801 Debarr Road    3200 Providence Drive

**\*COVID-19 Testing is required (3 days prior to your procedure)** , if scheduled at the hospital is it 48 hours prior.

If scheduled with the following location, pre-registration will occur at check-in time:

\_\_\_ Surgery Center of Wasilla 631-3578 (3190 E Meridian Park Loop)

**(Due to Sedation, you must bring an adult driver with you to take you home safely)**

**Call your insurance plan to ensure they will cover your procedure. Please note there will be separate fees for the Physician, Facility, Pathology, Laboratory and/or Anesthesia.**

### Medications:

Seven (7) days prior to procedure stop all:

- Prescription Iron Pills
- Stool Formers (Imodium)

**•Blood-thinning medications may need to be discontinued prior to your procedure.**

Take your last dose of \_\_\_\_\_ on \_\_\_\_\_.

**\*\*\*You should continue your other prescribed medication unless instructed not to\*\*\***

**•Diabetic patients** - If you take an oral hypoglycemic ("sugar pill"), do not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled insulin dose the night before and nothing the morning of the procedure.

**Prior to your Procedure:** You will need to purchase **two Fleet's Enemas (non-mineral oil type)**. They can be bought over-the-counter at any pharmacy.

Upon awakening on \_\_\_\_\_ the day of your procedure, **start a clear liquid diet. (NO SOLID FOOD).**

### Diet:

**Avoid RED, ORANGE, or PURPLE liquids. No Milk/Milk Products and No Non-Dairy Creamer. No juices with Pulp**

### Acceptable List of Clear Liquids:

- |                    |               |                  |                        |                |
|--------------------|---------------|------------------|------------------------|----------------|
| - Water            | - Apple Juice | - Coffee (black) | -Lemonade              | -Jell-O        |
| - Gatorade         | - Bouillon    | - CrystalLite    | -White Cranberry Juice | - Kool-Aid     |
| -White grape juice | - Soft Drinks | - Popsicles      | - Tea                  | - Hard Candies |

**• No more clear liquids after \_\_\_\_\_ until your procedure is over (including water).**

### The Day of your Procedure \_\_\_\_\_:

- **Administer your first Fleet Enema at \_\_\_\_\_** (2 hours prior to your arrival time to the facility.)
- **Administer the second Fleet Enema at \_\_\_\_\_** (1 hour prior to your arrival time to the facility.)

### How to use enemas:

- Lie on left side with knee bent and arms resting or kneel, then lower head and chest forward until face resting on surface.
- With steady pressure, gently insert enema tip into rectum with a slight side-to-side movement, with tip pointing toward navel. Insertion may be easier if person receiving enema bears down, as if having a bowel movement. This helps relax the muscles around the anus.
- Do not force the enema tip into rectum as this can cause injury.
- Squeeze bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely, as it contains more liquid than needed.
- Remove from rectum and maintain position until urge to evacuate is strong (usually 2 to 5 minutes).



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If you need to **cancel** your appointment, please contact our office at least two Business Days prior to your scheduled date or you will receive \$50.00 charge.