

Wake Endoscopy Center, LLC
FLEET ENEMA
PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

PRIOR TO YOUR PROCEDURE YOU WILL NEED TO PURCHASE:

2- Fleet Enemas (over the counter; no prescription required)

*** BE SURE TO LET THE NURSE KNOW IF YOU ARE ON COUMADIN, WARFARIN OR PRADAXA AS SOON AS POSSIBLE**

** 5 days prior, please stop oral iron supplements and avoid nuts and seeds.

*** Diabetic medication adjustment: Day before procedure: take your normal am insulin and oral medications: take ½ of your pm dose of insulin, no oral diabetic medications. Day of procedure: do not take any diabetic medications until after the procedure.

DAY BEFORE PROCEDURE: _____

1. You may have a regular diet until your evening meal. For your evening meal clear liquids only. No solid foods or milk products. Clear liquid diet: coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juice, Gatorade, water, lemonade, Snapple, powdered fruit drinks. Avoid red and purple liquids.
2. You may have clear liquids until midnight. Nothing to eat or drink after midnight.

DAY OF PROCEDURE: _____ **2 hrs prior to arrival** _____

1. Begin enema prep. You should try to hold the contents of the first enema for ten minutes; expel the contents and immediately use the second enema. It is only necessary to hold the second enema 2-3 minutes
2. The actual procedure takes about ten minutes to complete. Biopsies may be taken if your physician decides it is necessary. Biopsies do not hurt.

If you use inhalers, C-PAP or V-PAP machine, please bring it with you to the procedure.

YOU WILL BE SEDATED FOR THIS PROCEDURE AND WILL REQUIRE AN ADULT TO DRIVE YOU HOME. YOUR DRIVER WILL BE REQUIRED TO STAY AT THE FACILITY DURING YOUR PROCEDURE

Your procedure is scheduled with Dr. _____

Date of Procedure: _____ Location _____

Arrival time: _____ Procedure time: _____

If you have questions please call _____ at (919) 783-4888.