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PATIENT NAME: _____

PROCEDURE: FLEXIBLE SIGMOIDOSCOPY _____

FACILITY: OFFICE _____

DATE OF PROCEDURE: _____ ARRIVAL TIME: _____

AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

****YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

****YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

**YOU MAY NEED SOMEONE TO DRIVE YOU HOME THE DAY OF PROCEDURE.
IF YOU NEED ANESTHESIA, YOU WILL NEED SOMEONE TO DRIVE YOU HOME AND
NO DRIVING FOR THE REST OF THE DAY! YOU SHOULD HAVE ADULT SUPERVISION
FOR 12-24 HOURS AFTER THE PROCEDURE.**

**The day prior to the procedure, avoid items with artificial red dye. NOTHING TO EAT
OR DRINK AFTER MIDNIGHT, NOTHING UNTIL AFTER THE PROCEDURE.**

- 1. 90 MINUTES BEFORE YOU LEAVE YOUR HOUSE, USE 1 FLEETS SALINE ENEMA.**
- 2. 30 MINUTES BEFORE YOU LEAVE YOUR HOUSE, USE 1 FLEETS SALINE ENEMA.**

10/20/17 dh