

Appointment date: _____
Appointment time: _____ Location: _____

PREPARATION INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

STOP the following medications:

- Aspirin for ten days before the appointment (must ask Dr. Treyzon first)
- Plavix for ten days before the appointment (must ask Dr. Treyzon first)
- Coumadin for 5 days before the appointment (must ask Dr. Treyzon first)
- Pradaxa for two days before the appointment (must ask Dr. Treyzon first)

Special instructions for patients on Blood thinners:

DAY PRIOR TO SIGMOIDOSCOPY: You may eat a regular diet.

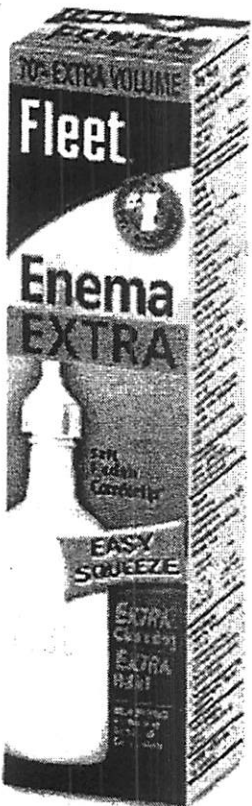
DAY OF THE SIGMOIDOSCOPY:

8 hours prior to procedure: do not eat any food 8 hours prior to procedure. You can drink clear liquids only for four more hours.

4 hours prior to procedure: You are not allowed to eat or drink anything anymore until AFTER the procedure. Medications with a few sips of water only are allowed.

CLEAR LIQUID DIET INCLUDES: tea, apple juice, water, broth, Gatorade.

HOW TO PREPARE YOURSELF WITH ENEMAS:



- 1 hour before leaving your house: put one Fleets brand enema into the rectum. Evacuate 5 minutes later.

- 30 minutes before leaving your house: put a 2nd Fleets enema into the rectum. Evacuate 5 minutes later.

** it is OK to use a saline enema, or tap water enema, or Fleets enema. They all do the same thing.

** you will not have an accident on the way to the surgery center.

** if you are having an upper endoscopy on the same day, this same plan holds true. No changes.

Questions? Please call: 310-652-4472