

## PREPARATION INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Appointment date: \_\_\_\_\_  
Appointment time: \_\_\_\_\_  
Location: \_\_\_\_\_

### STOP the following medications:

- Aspirin for ten days before the appointment
- Arthritis medicine and anti-inflammatory medicine for two days before the appointment

Examples of aspirin containing medicines or arthritis medicines are: Nuprin, Bufferin, Anacin, Advil, Motrin, Indocin, Voltran, Aleve, and Ecotrin. It is alright to take Tylenol or acetaminophen.

### If you are taking the following medication, CONTINUE taking them as prescribed:

- Heart medicine
- Breathing medicine
- Blood pressure medicine
- Any other prescribed medicines.

Special instructions for patients on Coumadin:

---

---

---

---

**You usually may eat a regular diet before having a sigmoidoscopy. Sometimes, your doctor may ask you to stay on a clear liquid diet and avoid other foods for several hours before the appointment. Liquid diet includes: carbonated beverages, coffee and tea without milk, jello and popsicles (except red colored), apple juice, cranberry juice, grape juice, clear beef or chicken broth, and hard candies.**

### For morning appointment:

1. In the evening before your exam, give yourself one **Fleets Enema**, according to the instructions on the package.
2. On the day of your exam, give yourself one **Fleets Enema**, about one hour before coming to the clinic.

### For afternoon appointment:

1. At about 8:00 AM on the day of your exam, give yourself one **Fleets Enema**, according to the instructions on the package.
2. One hour before your appointment, give yourself one **Fleets Enema** before coming to clinic.

Fleets enemas may be purchased without a prescription at any drugstore or pharmacy.

Questions? Please call: \_\_\_\_\_

***There are many different kinds of medical tests and they require different kinds of preparation. For example, some tests require fasting while other tests do not. Talk to your doctor about the test preparation that is right for you.***