

SIGMOIDOSCOY (FOS) BOWEL PREP INSTRUCTIONS
PREP INSTRUCTIONS - Please READ and FOLLOW CAREFULLY!

ATTENTION!

READ ALL THIS INFORMATION NOW!

You may **NOT** drink anything 4 hours prior to procedure.

Please contact us immediately, or at least two days in advance, at (317) 865-2955 OR (800)403-4683 IF YOU NEED TO CANCEL OR RESCHEDULE an appointment.

Name:

Appointment Date:

Arrival Time:

Doctor:

Location:

For your safety, all body piercings, including earrings and any metal jewelry must be removed before your procedure.

Please fill out the health history form on the IGH Patient Portal upon initial log in. If you need access to the patient portal, please call the office.

SEDATION: YOU MAY NOT LEGALLY DRIVE AFTER BEING SEDATED. YOU MUST HAVE A RESPONSIBLE ADULT (18+) TO DRIVE YOU HOME. WE CANNOT RELEASE YOU TO YOURSELF OR TO A STRANGER SUCH AS A TAXI DRIVER OR DRIVER SERVICE. We ask that this person **REMAIN IN THE WAITING ROOM** if at all possible. Thank you for your cooperation.

INSURANCE: It is the patient's responsibility to bring his/her insurance card, notify us of any insurance changes & obtain referrals if required.

BOWEL PREP: DO NOT take additional laxatives without physician approval. (When you have completed your prep, your liquid bowel movements may be lightly colored yellow or green - this is not unusual and no cause for concern.)

- We will make every effort to keep your appointment; however, it is sometimes necessary to make adjustments to the schedule. Emergencies and unexpected medical findings may cause your physician to run late. We will make every effort to keep you informed while you are here. Your cooperation is appreciated.
- If you have any questions or concerns, please call our office at (317)865-2955.

Health Conditions:

If you have the following condition, please read and follow these instructions:

Diabetes:

- Call the doctor who manages your diabetes.
- Tell them you are having a colonoscopy and will be on a clear liquid diet the day before the colonoscopy.
- Ask how you should take your diabetic medication. Since you will be on a restricted diet, your diabetic medication may need to be adjusted.
- Please check your blood sugar at home, if you have the equipment to do so, and bring the results with you.

Medications:

COUMADIN/WARFARIN patients: If you have not previously informed us that you are taking this medication, PLEASE CALL OUR OFFICE IMMEDIATELY to alert our scheduling staff.

OTHER BLOOD THINNING MEDICATIONS: If you take Plavix, Persantine, Pletal, Arixtra, Heparin, Aggrenox, Ticlid, Lovenox, Xarelto, Brilinta, Eliquis, Pradaxa, or Effient, and have not previously informed us, PLEASE CALL OUR OFFICE.

WEIGHT LOSS MEDICATIONS: Patients taking Adipex (Phentermine) will need to stop 5 days prior to procedure. If you do not stop this medication, your procedure will be subject to cancellation.

Daily medication: Prescribed medications (i.e. blood pressure, heart or breathing medicine) should be taken as usual on the day of the procedure with a sip of water. Other medication may be resumed after your procedure. If you use a rescue inhaler for a breathing condition, please bring it with you.

After your procedure: Your physician will speak with you after your procedure. You may not remember this because of the sedation you will have received. With your permission, your family or friend responsible for signing you out may be in the recovery room with you. You will be given printed instructions about resuming your activities and any follow-up care your physician recommends.

On the day BEFORE your procedure:

- You may have your normal diet.
- You will need to purchase **two** Fleets Enemas over-the-counter at your pharmacy to take before your procedure. Generic for Fleets is acceptable, but check with pharmacist to be sure you are getting the same as Fleets.
- If your procedure is scheduled **before noon** the following day, **STOP DRINKING AND EATING AT MIDNIGHT.** If your procedure is scheduled **after** noon, you may have clear liquids until **4 hours prior** to your procedure time.

Clear liquid diet suggestions:

- Water
- Coffee and Tea without dairy products

- Popsicles (no red or purple)
- Clear fruit juice without pulp
- Apple juice, white grape juice
- Gatorade or Powerade
- Jell-O (no red or purple)
- Carbonated beverages, i.e. Sprite, Coca Cola, and Pepsi, etc.
- Clear broth or bouillon
- **NO RED OR PURPLE COLORED LIQUIDS**
- **NO DAIRY PRODUCTS**
- **NO ALCOHOLIC BEVERAGES**
- **NO MARIJUANA USE OF ANY KIND 6 HOURS PRIOR TO ARRIVAL**

On the day of your procedure:

1. **2 hours** before your arrival time, at _____, take **one** enema.
2. **1 hour** before your arrival time, at _____, take the **second** enema.
3. Remain close to bathroom facilities.
4. Do not take additional laxatives without physician approval.

STOP DRINKING 4 HOURS BEFORE PROCEDURE. DO NOT DRINK ANYTHING MORE, with the exception of your daily heart, blood pressure or breathing medications. These should be taken as you normally would with a sip of water.