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**Please be advised that there will be a \$50 cancellation fee for procedures cancelled within 3 business days of your scheduled date.**

Your procedure is scheduled for \_\_\_\_\_ @ \_\_\_\_\_

**The facility will call you the day prior with your arrival time. You must have an adult drive and stay with you the entire time.**

### **FLEXIBLE SIGMOIDOSCOPY PREPARATION**

Please carefully read these instructions. Failure to adequately clean your colon may result in a suboptimal examination. Call our office if you have any questions (248)852-8020.

#### **PURCHASE AT YOUR PHARMACY**

- One 10 oz. bottle of Magnesium Citrate
- Two 7.8-ounce adult plain fleet enemas

#### **IF YOU ARE ON BLOOD THINNERS**

- PRADAXA AND XARELTO: Stop taking 1 day prior to the procedure.
- ELIQUIS: Stop taking 2 days prior to the procedure.
- COUMADIN: Stop taking 3 days prior to the procedure.
- BRILINTA: Stop 5 days prior to the procedure.
- PLAVIX, EFFIENT, OR TICLID: Stop taking 7 days prior to the procedure.
- If discontinuing a blood thinner, aspirin is allowed up until the day of the procedure.

#### **IF YOU ARE DIABETIC**

- It is important to monitor your blood sugar during the bowel preparation.
- ORAL MEDICATION ("sugar pill"): Stop the day before the procedure.
- LANTUS AND LEVEMIR: Take normal dose.
- ALL OTHER INSULIN: Take half of your usual schedule insulin dose the morning of the procedure.
- INSULIN PUMP: Follow off-pump plan per prescribing physician.

#### **7 DAYS PRIOR TO YOUR PROCEDURE**

- Avoid over-the-counter herbal supplements, minerals, vitamins prior to the procedure.

- Call the office for any other questions regarding your medications.

**FOR THE DAY PRIOR TO YOUR PROCEDURE**

- You can have breakfast and lunch.
- After 3pm, begin a clear liquid diet. **No solid foods.**
- Clear liquids include clear fruit juice (such as white grape and apple juice), lemonade, coffee, or tea (no cream), chicken or beef broth, Jello, popsicles, (AVOID RED, ORANGE, PURPLE AND BLUE COLORS).
- At 5pm drink the entire bottle of Magnesium Citrate.
- Please continue to drink clear liquid throughout the rest of the night.

**ON THE DAY OF THE PROCEDURE**

- **NO TOBACCO USE OF ANY KIND THE DAY OF THE PROCEDURE**
- Take your regularly scheduled medications.
- You may continue to drink clear liquids for up to 3 hours prior to your arrival time.
- **Two hours prior to the procedure, administer one enema. Wait 10 minutes. Then administer the second enema.**
- **NOTHING BY MOUTH 3 HOURS PRIOR TO YOUR ARRIVAL TIME.**
- Please bring a current list of your medications to the facility.
- If you have an Internal Defibrillator Device (AICD): Please bring your device information card with you to the facility.
- DO NOT drive, operate machinery, make critical decisions, or do activities that require coordination or balance the day of.