

# FLEXIBLE SIGMOIDOSCOPY PREP

INTERNAL MEDICINE ASSOCIATES \* 8895 BROADWAY \* MERRILLVILLE, IN 46410

Scheduling Dept. Phone: 219-736-4219

IMA-MED.COM

DATE OF PROCEDURE:\_\_\_\_\_ LOCATION OF PROCEDURE:\_\_\_\_\_

ARRIVE AT THE FACILITY:\_\_\_\_\_  FACILITY WILL CALL YOU WITH AN ARRIVAL TIME

- You **must** have a driver present at all times at the facility who will take you home.
- *Public transportation or cabs are not allowed.*
- **STAY HYDRATED. DRINK ADDITIONAL CLEAR LIQUIDS DURING THIS PREP**

## Blood Thinner Medications:

*If you take a blood thinner, notify Internal Medicine Scheduling Dept. for your Special Instructions* (Coumadin, Plavix, Brilinta, Eliquis, Lovenox, Xarelto, Aggrenox, Effient, Pradaxa, Zontivity or Savaysa). **You may stay on your Aspirin.**

## PREP INSTRUCTIONS:

- **START YOUR PREP THE DAY BEFORE YOUR PROCEDURE ON**\_\_\_\_\_ (DATE)
  - **At 6:00 p.m., START A CLEAR LIQUID DIET.** Please see additional page "Just What is a Clear Liquid". Do **NOT** drink any dairy products, smoothies or anything containing artificial red dye.
  - **At 6:00 p.m., drink** one 10 oz. bottle of Citrate of Magnesia.
  - **If you are a Diabetic**, take ½ your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
- **DAY OF PROCEDURE** \_\_\_\_\_ (DATE)
  - 2 Fleets enemas (green box) 1 1/2 hours BEFORE YOUR ARRIVE AT THE FACILITY.
  - **If you are a Diabetic**, take ½ your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
  - **IF YOU ARE ON BLOOD PRESSURE OR HEART MEDICATION**
  - Take your blood pressure and/or heart medication as prescribed **4 HOURS BEFORE** the procedure.
  - **NOTHING TO DRINK 3 HOURS PRIOR TO YOUR ARRIVAL TIME**