

FLEX SIGMOIDOSCOPE ORDER & PREP PACKET

PROCEDURE DATE: ____/____/____

ARRIVAL TIME: ____ AM / PM PROCEDURE TIME: ____ AM/PM

DR. RANVIR SINGH DR. STEPHEN RASHBAUM DR. NITIN PARIKH

PROCEDURE LOCATION:

- DIGESTIVE CARE ENDOSCOPY
 EMORY JOHNS CREEK-OUTPATIENT CENTER
 NORTHSIDE FORSYTH HOSPITAL-MAIN ENTRANCE

BOWEL PREP:

1. **Prior to the procedure, you will need to purchase :**
1 Bottle Of Mag Citrate(Any Flavor)
2 Fleet Enemas
2. You will need to be on a **CLEAR LIQUID DIET**, the entire day **prior** to your scheduled procedure.
(An example of a CLEAR DIET is enclosed)
3. At **5:00 pm** on the day **prior** to your scheduled procedure, you will need to drink your bottle of the **Mag Citrate(1 Full Bottle)**
4. At **8:00 pm** on the day **prior** to your scheduled procedure, you will use 1 Fleet Enema(As Directed)
5. At **6:00 am on the day of your** scheduled procedure, you will use 1 Fleet Enema(As Directed)

6. You can continue all Clear Liquids until midnight. But can have **NOTHING TO EAT, DRINK, SMOKE OR CHEW** after midnight

INSTRUCTIONS:

Please plan to be with us for a maximum of 2-hours.

As long as you are **NOT** having anesthesia, you can drive yourself to and from the exam.

But, if you are choosing to have this procedure done with anesthesia, you will be **required** to have an adult with you during the exam and they will be responsible for driving you home. Should you show up without a driver, it is the policy of the hospital to cancel your exam.

- Remember to bring your insurance card and driver's license to the facility for billing purposes.

You will be charged \$250 if you no show, cancel/reschedule without 48 hours notice.

MEDICATIONS:

1. Take your **Heart & Blood Pressure** medications as instructed, unless your doctor instructs you otherwise.
2. If you have **Diabetes**, please follow the below instructions:

*Do not take your diabetes **pills** the morning of the procedure. Feel free to bring them with you to take following the procedure.

*If you take **Regular Insulin**, again, do not take it the morning of your scheduled procedure-please bring it with you to take following your procedure.

*If you take NPH, or Lantus-type Insulin, take ½ of your regular dose the morning of your scheduled procedure.

3. **Do NOT** take **any** of the following Medications:

***Coumadin**-Stop **3** Days Prior

***Plavix, Aspirin, Ibuprofen, Iron** and **Multivitamins**-Stop **7** Days Prior