

WESTCHASE GASTROENTEROLOGY

JOHN CHANG, MD, FACG AMIR AWAD, MD, FACG ALFREDO MENDOZA, MD, MS

4695 Van Dyke Road, Lutz FL 33558 || 11912 Sheldon Road, Tampa FL 33626 || 508 S. Habana Ave, Ste. 270, Tampa FL 33609

Telephone: 813.920.8882 Fax: 813.920.8883

www.westchasegi.com

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Please read over these instructions carefully

The day before your procedure: _____.

- ✓ **DO NOT EAT OR DRINK AFTER MIDNIGHT (12 AM).**

Day of your procedure: _____ . Be at the Outpatient Endoscopy Unit at: _____.

- ✓ **Two hours before your procedure, use one Fleet Enema; available over the counter at your local pharmacy.**
- ✓ **Do not eat or drink.** Exception: if you take heart, seizure, blood pressure and/or thyroid medications, take with a small sip of water no later than two (2) hours before your procedure time.
- ✓ Please bring the following items with you:
 1. Your insurance cards and driver's license
 2. Eye glasses if needed for reading
- ✓ Please leave jewelry and valuables at home; wedding band(s) may be worn.
- ✓ Please wear comfortable clothes; you will be changing into a gown.

Important reminders:

- ✓ *If you choose to be sedated for this procedure, someone must drive you home after your procedure; you will not be discharged from the facility if you do not have a driver.*
- ✓ Plan on resting after your procedure. Avoid big activities, operating motor vehicles, and do not drink alcohol on the day of the procedure.
- ✓ If you are **DIABETIC**:
 - a. If you use insulin, only **use ½ dose** of insulin the night before your procedure & **NO** insulin the morning of your procedure.
 - b. If you take pills, **DO NOT** take them the day before and the morning of your procedure. You may resume your normal dose after your procedure.
- ✓ **DO NOT take for SEVEN (7) days prior** to procedure: any **anti-coagulants/blood thinners/anti-platelets** medication(s) (Plavix, Coumadin, Effient, Xarelto, Pradaxa, etc.) Aspirins, and/or NSAIDs. **Please contact the physician who prescribed any of those medications in advance for clearance and/or instructions.** This includes over the counter (OTCs): iron, multi-vitamin with iron, Vitamin E, St. John's Wort, ginkgo-biloba, ginger, fish oil, and garlic pills. ***If you need to take a pain reliever, you can take Tylenol (Acetaminophen).***

NOTE: IF YOU HAVE NOT SCHEDULED A FOLLOW-UP APPOINTMENT FOR AFTER YOUR PROCEDURE PLEASE CALL THE OFFICE TO SCHEDULE ONE. WE DO NOT GIVE RESULTS OVER THE PHONE, NO EXCEPTIONS. THANK YOU!

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE