

# 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](http://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**