



GASTROINTESTINAL

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## SIGMOIDOSCOPY INSTRUCTIONS

**Address: 2 Bennett Ave. 2nd Floor, New York, Ny 10033 (GPDDC)**

➤ **STOP BLOOD THINNERS LIKE COUMADIN (WARFARIN), PLAVIX (CLOPIDOGREL), AGGRENOX, ELIQUIS, BRILLINTA, TICLID, XARELTO AND PRADAXA AS PRESCRIBED BY THE DOCTOR.**

➤ You can take your Blood Pressure medications including Aspirin no less than 2 hours prior your procedure; if you take Diabetes medications do not take them unless authorized by the Doctor.

**YOU MUST HAVE SOMEONE TO PICK YOU UP AFTER THE PROCEDURE; IF YOU DO NOT HAVE ONE YOUR PROCEDURE WILL BE CANCELED.**

**Before your procedure:** Pick up at the Pharmacy **2 Fleet Enemas.**

✓ You can eat regular food the day before your procedure until **MIDNIGHT.**

**YOU CANNOT EAT SOLID FOOD, MILK PRODUCTS OR RED COLORS THE DAY OF YOUR PROCEDURE.**

You can have a clear liquid diet up to **4 hours before** your procedure; these liquids could be:

- Apple and Lemon juice
  - Coconut water
  - Chicken or beef broth
  - Seven Up, Ginger ale, Sprite, seltzer water
  - Jell-O (pineapple or orange)
  - Gatorade (Orange or lime)
  - Coffee, water, or tea.
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- Apply the first **Fleet Enema** at \_\_\_\_\_ (4 hours prior your procedure). **You should stop liquid diet after applied the first Enema.**
  - The second **Enema** should be applied **45 minutes** after the first one.

### **AFTER YOUR PROCEDURE**

▪ **You should inform your doctor if experience Fever above 100 °F, Abdominal pain or Rectal bleeding; Call at 911 or 212-795-1021.**