

Dr. Arnold L Weg

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### **FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS**

**Thank you for choosing Weg Medicine for your flexible sigmoidoscopy procedure. In an effort to provide you with the best possible exam, we will need your assistance with the following instructions**

**If you believe you may be pregnant or need to cancel your appointment for any reason, please call our office at least 48 hours prior to your scheduled appointment.**

#### **REGARDING YOUR MEDICAL HISTORY AND MEDICATIONS:**

- If you take any medication for the purpose of being anti-coagulated, keeping your blood thin or preventing blood clots (example: warfarin, Plavix, Coumadin), you must speak with our office at least two weeks BEFORE your procedure, in order to receive careful instructions on how to manage your medications. Aspirin does not need to be held.
- If you take any insulin OR oral (pill) diabetic medications and have not received a call from our office before your procedure, please call our office as soon as possible.

**IF YOU ARE UNSURE ABOUT A PARTICULAR MEDICATION, PLEASE CONTACT OUR OFFICE AT LEAST 10 DAYS IN ADVANCE TO SPEAK WITH OUR OFFICE.**

**If you need an office appointment, or if you need to review your instructions, please contact our office as soon as possible.**

## THE BOWEL PREPARATION:

### **FOUR DAYS BEFORE YOUR PROCEDURE**

- Stop eating raw vegetables, seeds/nuts and fruit skins. All other food is okay to eat until the day before your procedure.
- Purchase the preparation/cleanout items
  - **Drug Store:** Buy **TWO** Fleet enemas.

### **THE DAY OF YOUR PROCEDURE**

- **8 hours before you are scheduled to arrive for your procedure:** Do not eat or drink. Small amount of fluids to take your medication prior to procedure is okay.
- **2 hours before you are scheduled to arrive for your procedure:** Take the first fleet enema as per package instructions
- **30 minutes later:** Take the second fleet enema 30 minutes after the first enema.
- **DO NOT EAT OR DRINK ANYTHING AFTER THIS**

## GENERAL INFORMATION:

- **Please arrive on time.** Allow extra time in your trip for weather, traffic and parking..
- **MEDICATIONS:** Unless otherwise instructed, continue to take all of your usual medications on your regular schedule. If you have an early morning procedure, please bring your medications with you to take after the procedure.
- Please bring a list of all the medications you take (including dosages and how often each medication is taken) with you to your appointment. Also list any herbal or vitamin supplements you take.
- **Personal belongings:** On the day of your sedated procedure, we strongly recommend that you leave valuables (money/jewelry) at home or give them to a family member or friend for safekeeping.

- While a flexible sigmoidoscopy is generally a safe procedure, there is a small chance of developing complications that may not be identified for up to a week or more after your procedure. We suggest that you do not plan this procedure within a couple of weeks prior to traveling, or an important social event.

### **AFTER YOUR PROCEDURE:**

- **REMEMBER: You may not drive, work, or engage in important decisions (e.g. financial issues) for the rest of the day after your procedure.**
- **A responsible person must pick you up** after your procedure to accompany you home and stay with you for the remainder of the day, as you will have been sedated and will not be allowed to drive home.

If you have questions about these instructions, you may call our office Monday through Friday and we will be glad to answer them for you.

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