



Gastroenterology

CLINIC

611 Grammont St. Monroe, La. 71201

318.325.2634 or 800.293.2634

Flexible Sigmoidoscopy (Enema Prep)

Day Before Procedure: _____

_____ Start **LIQUIDS ONLY** at 5 pm. You may have soft drinks, coffee, tea, popsicles, Jello®, broth, clear juices or hard candy. **NO RED OR PURPLE! NO MILK!**

_____ One enema 1 hour before bedtime.

_____ **Do not eat or drink after midnight.**

Day of Procedure: _____

_____ One enema at least 1 hour before you leave home.

OR

Day Before Procedure: _____

_____ Liquids for supper. You may have soft drinks, coffee, tea, popsicles, Jello®, broth, clear juices or hard candy. **NO RED OR PURPLE! NO MILK!**

_____ **Do not eat after midnight.**

Day of Procedure: _____

_____ One enema at least 1 ½ hours before you leave home.

_____ One enema at 1 hour before you leave home.

_____ You may have clear liquids until _____ a.m. (**Clear sodas, coffee, tea. NO RED OR PURPLE! NO MILK!**)

_____ Take all your morning medications, if any, with a sip of water.

*If you use an inhaler, please take a treatment the morning of the procedure whether you are symptomatic or not.

If you are a **DIABETIC, please call your primary care physician for dosage changes the day before the procedure.

The day of your procedure, DO NOT TAKE YOUR DIABETIC MEDICATIONS.

* Be sure to check your blood sugar the morning of your procedure.

If you take **BLOOD THINNERS, follow instructions given to you at the time of pre-registration.

_____ Bring a list of your medications with you.

_____ You may brush your teeth and gargle, just don't swallow any water.

_____ Bring someone to drive you home. You will be here approximately 2 hours. **If you do not have a driver, your procedure will be cancelled.**

_____ You should not drive for 8-10 hours after the procedure.

Procedure Date: _____

Procedure Time: _____

Place: _____

Arrival Time: _____

Physician performing procedure: _____

Patient Signature: _____ Prep Given By: _____