

NORTH VALLEY G.I. CONSULTANTS

GASTROENTEROLOGY, PANCREATIC, BILIARY & LIVER DISEASE
ERCP, CAPSULE ENDOSCOPY, TIF

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Flexible Sigmoidoscopy Examination with Fleet Enema Prep

- Follow the directions for administering the enema as outlined on the box
- If you are taking aspirin or a blood- thinning medication, please notify the office immediately
- If there are any questions, please contact the office at least one week before the examination.

Purchase the following items from the pharmacy:

- 2 fleet enemas (green box)
- clear liquids (see list below)

One Day Before the Procedure

- NO SOLID FOOD
- Have a clear liquid diet throughout the day, NO RED, PURPLE or BLUE. Avoid dairy products and juices with pulp such as orange, Tomato and grapefruit juice. It is important that you drink as much fluids as you can throughout the day.
 - ✓ Soups: Clear broth or consomme
 - ✓ Drinks: Gatorade, Powerade, Propel, Seven Up, Squirt, Kool-Aid, Water
 - ✓ Juices: White Cranberry, White Grape, Apple, Lemonade
 - ✓ Desserts: Water ices, Italian ices, Popsicles, Jell-O
 - ✓ 1 or 2 cups of tea or black coffee is ok.
- Nothing to eat or drink after midnight

Day of the Procedure

- On the day of the Examination be on empty stomach nothing to eat or drink
- The First fleet enema should be administered **two** hours before leaving for appointment.
- A second fleet enema should be administered **one** hour before leaving for appointment.
- Please make arrangements for someone to drive you home following the examination. Since you will be given sedation **YOU MAY NOT DRIVE YOURSELF HOME.**
- Please report to the GI Lab 1hr. Prior to your scheduled appointment time for preliminary check-in. Please bring your insurance information with you. You may be required to stay for one hour after the examination is completed for observational purposes.