

GETTING READY

PREP INSTRUCTIONS FOR YOUR FLEXIBLE SIGMOIDOSCOPY



Portland
Gastroenterology
CENTER

Innovation & Caring for Digestive Health

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Purchase the following items from any pharmacy or grocery store:

7 days prior to your procedure stop taking or eating the following:

- ⊘ Iron supplements
- ⊘ Fiber supplements such as Metamucil, Citrucel and Fiberall
- ⊘ Do not eat nuts, seeds, popcorn, or corn (other examples include tomatoes, granola with dried fruit, raisins).

Take all other medications.

PLEASE CALL THE OFFICE IF:

- You are diabetic.
- You are pregnant.
- You are on Coumadin, Warfarin, Plavix or any other anti-coagulation therapy.
- You have an artificial heart valve, internal cardiac defibrillator (ICD), prior history of heart valve infection or require antibiotics prior to medical procedures.
- You are on dialysis, or have chronic kidney disease and see a kidney specialist.

Vaseline petroleum jelly

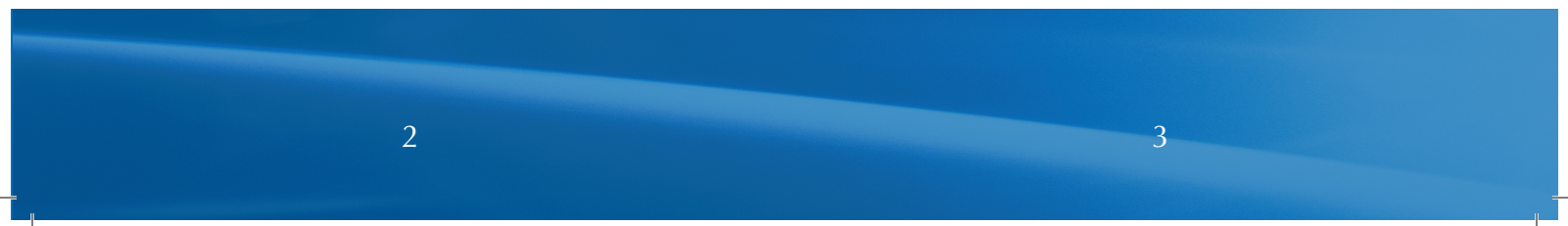


Two 4.5 oz. bottles Fleet Saline Enema



One 10 oz. bottle of liquid magnesium citrate.

(If you have kidney problems, do not purchase this for your prep.)



On the DAY BEFORE Your PROCEDURE

Before 12:30 PM: Okay to eat your regular diet.

At 12:30 PM: Begin drinking ONLY clear liquids. Clear liquids may be taken up to 3 hours before your procedure. (You may take your usual medications with a sip of water.)

DO NOT EAT SOLID FOOD.

A clear liquid is one that you can see through (NOTHING RED, PURPLE OR BLUE).

EXAMPLES OF CLEAR LIQUIDS ARE AS FOLLOWS:

- Clear beef or chicken broth, such as bouillon cubes dissolved in water
- Popsicles, except for red, purple or blue
- Coconut water (NOT coconut milk)
- Strained fruit juice, such as apple or white grape juice
- Coffee and tea (without cream or dairy products)
- Gatorade
- Soft drinks
- Kool-Aid
- Jell-O



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At 5 PM: Drink the bottle of liquid magnesium citrate. Do not do this if you have kidney problems.

At 8 PM: Administer one 4.5 oz. bottle of Fleet Saline Enema.

1. Apply Vaseline petroleum jelly to the area around your anus. This prevents irritation.
2. Lie on your left side with your right knee bent in toward your chest.
3. Take the protective cap off the enema bottle. Insert the tip into your rectum.
4. Squeeze the bottle until it's empty.
5. Remove the tip from your rectum. Keep lying on your left side. Hold the liquid in your rectum until you feel the urge to move your bowels. This usually takes about 5 to 10 minutes.
6. Go to the bathroom to let the liquid out of your rectum into the toilet.

Instructions continue on the next page.

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On the DAY OF Your PROCEDURE

3 to 4 hours prior to your scheduled procedure, administer the second 4.5 oz. bottle of Fleet Saline Enema.

IMPORTANT NOTES

What are the risks?

Flexible sigmoidoscopy is a standard medical procedure, but all such procedures have some risks. These problems do not happen often.

1. Rarely, the instrument may tear the wall of the colon. This may require surgery.
2. There may be adverse drug reactions or heart/breathing complications.
3. In rare instances, bleeding may occur, usually when tissue or polyps are removed. This may mean being admitted to the hospital for additional care which may require a transfusion or surgery.

Important: You must bring someone who will meet you inside the recovery area after your procedure and drive you home.

A ride service driver or taxi driver is not acceptable.

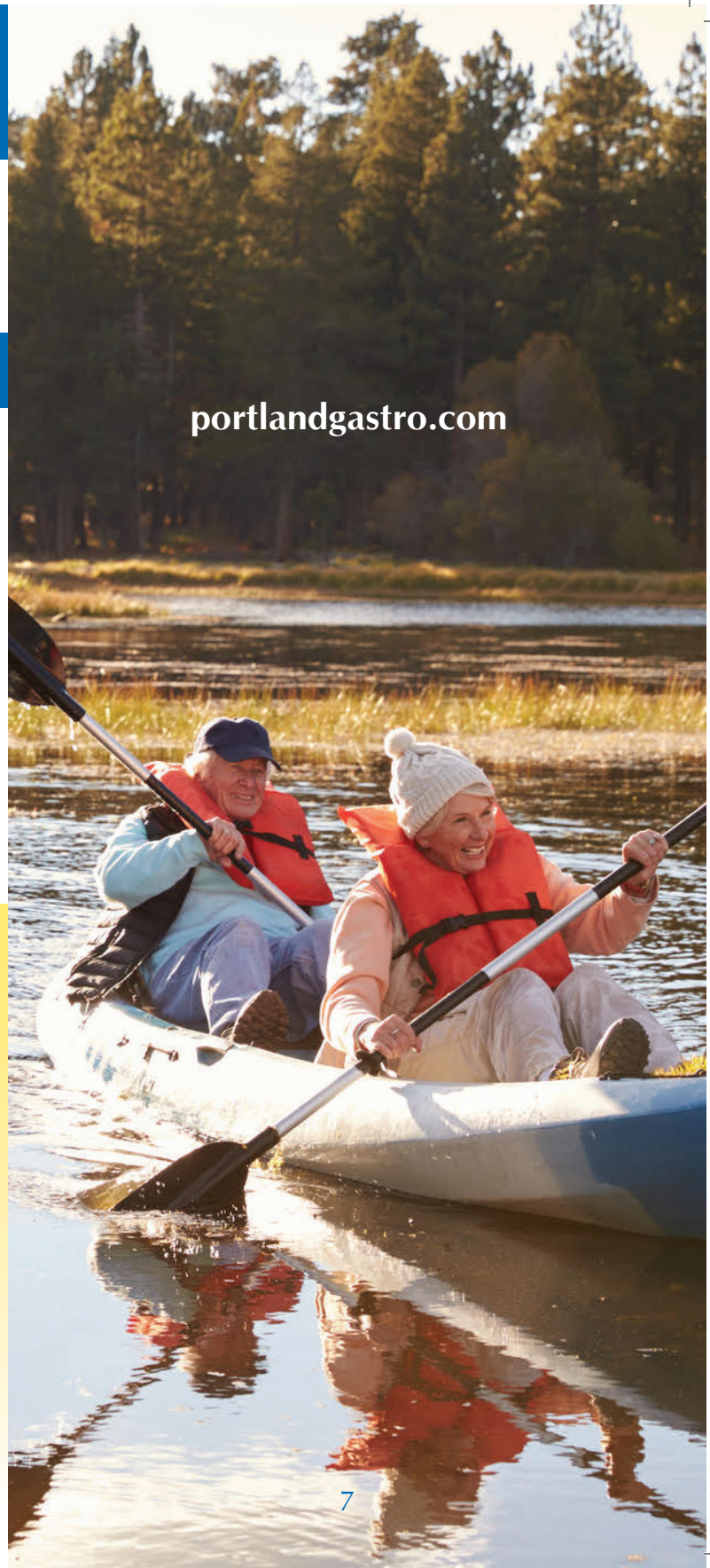
Preferably, your driver will remain in our waiting room or be available with 15 minutes notice.

Please leave all jewelry at home.

Please plan on being at our facility for approximately 2 hours from your arrival. If your procedure is scheduled late in the day (4:00 PM or 4:30 PM), please be sure your ride is here NO LATER THAN 5:45 PM.

If you have any questions, please call the office at 773-7964.

portlandgastro.com





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