

Your Appointment: Date: \_\_\_\_\_ Check in \_\_\_\_\_ Start Time \_\_\_\_\_

- Arrowhead Hospital 18701 N 67<sup>th</sup> Ave Glendale, AZ 85308/623-561-7107
- Arrowhead Endoscopy and Pain Management Center 18699 N 67<sup>th</sup> Ste 140 Ave Glendale, AZ /623-376-8600
- Banner Thunderbird Outpatient Surgery Center 5555 W Thunderbird Rd Ste 150 Glendale AZ 85306/605-607-5770
- Honor Health Deer Valley 19829 N 27<sup>th</sup> Ave Phoenix, AZ 85027/623/580-5800 (Dr Forstner only)
- St Joseph's Outpatient Surgery Center 240 W Thomas Rd. Phoenix AZ 85013/602-406-3533 (Dr. Makarawo only)

### Flexible Sigmoidoscopy Preparation

Please read and follow instructions below carefully to minimize risk of complications from the procedure.

Deviating from these instructions may result in the cancellation of your procedure.

### Medication & Diet Instructions

**Five days** prior to your procedure, STOP:

- Aspirin and aspirin-containing products (NSAIDS) and all vitamins, CBD Oil and medical marijuana Acetaminophen (Tylenol) can be continued or substituted as a pain reliever for aspirin.

**Three days** prior to your procedure, STOP:

- Anti-inflammatory medications (such as Ibuprofen, Celebrex and Naproxen).

**Two days** prior to your procedure

- Avoid eating nuts, seeds, beans and foods with a peel (such as grapes or tomatoes) as fibers can clog the scope.

### Day Prior to Your Procedure

Purchase one two Fleet's enemas at any drug store.

- Start having ONLY clear liquids the afternoon prior to your procedure until after your examination is done. Ex: black coffee (no cream), tea, apple juice, soda (7Up, Sprite), chicken/beef broth or Jell-O (no red or purple dye flavors).

### Day of Your Procedure

- You will need to fast 6 hrs prior to your procedure - this means no food/water/liquids
- You may take your medication as usual, unless otherwise instructed, with a sip of water
- Diabetics: do not take your morning dose of insulin the day of your procedure.
- Use the Fleet's RECTAL enemas. Follow package instructions.
- Take the *first enema* 2 hours before check in \_\_\_\_\_
- Take the *second enema* 1 hour before check in \_\_\_\_\_

Wear comfortable clothing. You will be asked to undress from the waist down.

If you are driving a distance that makes administration of enemas prior to the appointment impractical, bring the enemas with you to the facility. You will need to arrive before the time written above in order to give yourself adequate time to administer the enemas and allow them to work. For any questions please call the surgery scheduler for your doctor.