



Dr. Johnny Howton
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PREPARATION FOR Flexible Sigmoidoscopy USING FLEET SALINE ENEMAS

Patient Name:

Physician advises patients that are on ASA or Plavix will be given special instructions by doctor performing the procedure.

ONE WEEK PRIOR TO YOUR PROCEDURE:

- **DO NOT *stop taking any medication without instructions from your doctor.***
- If you normally take antibiotics before procedure, be sure to tell us.
- If you take aspirin, ibuprofen, vitamins, herbal supplements, blood thinner (such as Coumadin, Plavix, Aggrenox), or any arthritis medication check with your doctor for instructions about taking these medications.

- **IF YOU ARE DIABETIC - TAKE ONLY ½ AMOUNT OF DIABETIC MEDICATION PRESCRIBED THE DAY BEFORE YOUR PROCEDURE WHILE YOU ARE ON A CLEAR LIQUID DIET.**

THE DAY OF YOUR PROCEDURE:

- Use 2 fleet saline enemas one hour before leaving home.
 - While lying on your left side, Insert the tip of the 1st Fleet Enema into your rectum. Squeeze the full bottle of liquid into your rectum. Hold the liquid as long as you can and expel.
 - Repeat this step using the 2nd Fleet Enema.
- If you normally take heart, blood pressure, breathing or seizure medications in the morning, you may take those medications with a minimal amount of water.
- Do not take any other medications and do not have anything to eat or drink until after your procedure is performed.
- Please wear loose, comfortable clothing and stable shoes. We ask that you not wear any jewelry to the appointment.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE. YOU WILL BE SEDATED FOR THIS PROCEDURE AND MUST HAVE SOMEONE TO DRIVE YOU HOME.

Report to:

✓ Hillcrest Endoscopy Suite, Medical Office Building 1, 50 Hillcrest Medical Boulevard
Suite 101

Date:

If you have any questions, contact us at 254 - 754 - 1522