

Martin Shill, MD

702.901.0673 Flexible Sigmoidoscopy: This examination has been recommended for you. This exam involves guiding a tubular, flexible, lighted instrument into the rectum and lower colon.

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

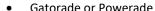
3-5 DAYS PRIOR THE DAY OF PROCEDURE At pharmacy – No prescription needed YOU MAY HAVE CLEAR LIQUIDS UNTIL 2 HOURS BEFORE YOUR EXAM IF YOU ARE NOT BEING SEDATED. Purchase the following: SEE APPROVED CLEAR LIQUID LIST BELOW 2 (two) Fleet Enemas ***IF YOU ARE HAVING SEDATION – YOU MUST STOP CLEAR LIQUIDS 3 HOURS PRIOR TO YOUR EXAM!! All patients may take their essential morning medications with a few sips of water. IF YOU ARE INSULIN DEPENDENT – DO NOT TAKE YOUR MORNING DOSE OF INSULIN You must take your blood sugar before leaving home. If your blood sugar level is above 300, please STOP STOP STOP STOP take your Regular insulin according to your provider's instructions/sliding scale. If you take medication to thin your blood, such as Coumadin (warfarin), -Please bring your insulin with you to the procedure center. Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that **2 HOURS PRIOR TO EXAM TIME:** prescribed it for instructions prior to stopping the medication. Aspirin Take 2 (TWO) Fleet laxative type enemas. Follow the instructions on the package. may be continued. REMEMBER: If you are going to be sedated – drinking liquids in the 3 (three) hour period prior to Arrange for a driver on the day of your procedure - ONLY IF YOU ARE your exam will cause us to cancel or postpone your procedure! GOING TO BE SEDATED FOR THE PROCEDURE. Otherwise, you may **Also no gum, hard candy, mints, or tobacco products in these 3 (three) hours



CLEAR LIQUIDS APPROVED LIST -NO RED or PURPLE

drive yourself to and from the procedure.

Must be something you can see through...



- Clear broth or bouillon chicken or beef
- Coffee or Tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-aid or Crystal Light
- Fruit Juices (NO PULP)
- Jell-o, Popsicles, or Italian Ice



DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or Milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit, or Tomato Juice
- Creamed soups or any soup other than broth
- Oatmeal or Cream of Wheat
- Pudding or yogurt



