

FLEXIBLE SIGMOIDOSCOPY PREP

INTERNAL MEDICINE ASSOCIATES * 8895 BROADWAY * MERRILLVILLE, IN 46410

Scheduling Dept. Phone: 219-736-4219

IMA-MED.COM

- You must have a driver present at all times at the facility who will take you home.
- *Public transportation or cabs are not allowed.*
- **STAY HYDRATED. DRINK ADDITIONAL CLEAR LIQUIDS DURING THIS PREP**

Blood Thinner Medications:

If you take a blood thinner, notify Internal Medicine Scheduling Dept. for your Special Instructions (Coumadin, Plavix, Brilinta, Eliquis, Lovenox, Xarelto, Aggrenox, Effient, Pradaxa, Zontivity or Savaysa). **You may stay on your Aspirin.**

PREP INSTRUCTIONS:

- **START YOUR PREP THE DAY BEFORE YOUR PROCEDURE ON _____ (DATE)**
 - **At 6:00 p.m., START A CLEAR LIQUID DIET.** Please see additional page "Just What is a Clear Liquid". Do **NOT** drink any dairy products, smoothies or anything containing artificial red dye.
 - **At 6:00 p.m., drink** one 10 oz. bottle of Citrate of Magnesia.
 - **If you are a Diabetic,** take 1/2 your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
- **DAY OF PROCEDURE _____ (DATE)**
 - 2 Fleets enemas (green box) 1 1/2 hours **BEFORE YOUR ARRIVE AT THE FACILITY.**
 - **If you are a Diabetic,** take 1/2 your usual dose of insulin/diabetes medication while on this Clear Liquid diet.
 - **IF YOU ARE ON BLOOD PRESSURE OR HEART MEDICATION**
 - Take your blood pressure and/or heart medication as prescribed **4 HOURS BEFORE** the procedure.
 - **NOTHING TO DRINK 3 HOURS PRIOR TO YOUR ARRIVAL TIME**