

Sigmoidoscopy Prep

Patient _____

Doctor _____

Date _____

Arrival Time _____

Procedure Time _____

LOCATIONS:

**St. Luke's Outpatient
Surgery Center**

120 NW St. Luke's Blvd.
Lee's Summit, MO 64086

**Lee's Summit
Medical Center**

2100 SE Blue Pkwy.
Lee's Summit, MO 64063

St. Luke's East Hospital

100 NW St. Luke's Blvd.
Lee's Summit, MO 64086

Cushing Memorial Hospital

711 Marshall Street
Leavenworth, KS 66048

To ensure that your test is accurate and complete, you must follow these directions. If you have questions, please call our office at 816-554-3838. Summit Gastroenterology is dedicated to providing you with quality health care. You matter to us!

Purchase Two Fleet Enemas from your local Pharmacy.

THE DAY BEFORE YOUR TEST

- Eat light meals the entire breakfast, lunch, and dinner.
- Drink as many fluids as you like.
- Do not eat anything fried, such as hamburgers and french fries.
 - The lighter your diet, the more accurate your test will be.
- Avoid all fatty foods.

THE DAY OF YOUR TEST

- Use the first enema 2 hours before leaving home.
- Use the second enema 1 hour before leaving home.
- Nothing to eat or drink after midnight. Brushing your teeth and "just a sip" of water is allowed.
- However, if your test is scheduled late in the day (after 12 hours) you may have clear liquids up until 6 hours before your exam.
- No smoking the day of the procedure.

If you take heart, blood pressure, or seizure medications routinely it is okay to take this medication early in the morning of your procedure. If you use inhalers bring them along with you.

Arrive for your exam at the time listed (no later).

If you are going to receive sedation, **YOU MUST HAVE SOMEONE WITH YOU TO DRIVE YOU HOME AND STAY WITH YOU FOR 12 HOURS AFTER PROCEDURE.**

If sedated – no work, driving, operating machinery, or making legal decisions for 24 hours after procedure.

Please Note:

- Do not take blood thinners: (i.e. Coumadin, Pradaxa, Xarelto, Eliquis, Brilinta, Effient) at least four days before your exam. Do not take Aspirin, Plavix, and arthritis medications the day of your exam.
- Hold prescription diet pills, ie-phentermine, 7 days prior to procedure.
- If you are diabetic: NO INSULIN OR ORAL MEDICATIONS THE MORNING OF THE PROCEDURE. TAKE ONLY HALF A DOSE THE DAY BEFORE YOUR PROCEDURE. IF YOU ARE AN INSULIN DEPENDENT DIABETIC WITH UNSTABLE BLOOD SUGARS NOTIFY YOUR PRIMARY CARE PHYSICIANS FOR INSTRUCTIONS.
- LOVENOX USERS - IT IS IMPORTANT FOR YOU TO CALL OUR OFFICE IMMEDIATELY FOR INSTRUCTIONS IF YOU ARE USING THIS MEDICATION