



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY- UNDER SEDATION
FLEETS ENEMA PREP**

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center** – 3280 Urbana Pike # 104
Phone Number 240-436-6440

_____ **GIEA-** 15005 Shady Grove Rd # 200
Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr, Rockville, MD 20850
Phone Number 240-826-7541

_____ **Frederick Memorial, Outpatient Surgery Center**
400 W 7th St, Frederick, MD 21701
Phone Number 240-566-3300

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

ONE WEEK BEFORE THE PROCEDURE

Please do not use any aspirin or aspirin products one (1) week prior to your procedure. Nonsteroidal anti-inflammatory type medications (such as Ibuprofen, Relafen, Voltaren, Indocin, Vioxx, Celebrex, Advil) should be used sparingly during the three (3) days prior to your procedure. Also, If you take Coumadin (warfarin) or Persantine (dipyridamole), Plavix, or Aggrenox, consult with your prescribing doctor about stopping these medications for three (3) days prior to your procedure. There may be other medications that should be discontinued, so be sure to consult your doctor with any other questions about prescription drugs you may be taking. You may take Tylenol if necessary.

YOU WILL NEED

Two (2) Fleets Enema (green and white box)

DAY OF PROCEDURE

- Morning of the Procedure use one (1) Fleets Enema; please follow the directions on the box.
- Approximately 2 hours before leaving for your appointment use the remaining Fleets Enema.

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4 hour time frame.