



Birns, Gloger, Witten & Bhinder, MD

Patient Name: \_\_\_\_\_

**INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY- without 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

**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.

Revised 2015 -FSwoS