



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY
FLEETS ENEMA PREP
With Sedation**

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center, LLC**-3280 Urbana Pike, Suite 104
Ijamsville, MD 21754 Phone #240-436-6440

_____ **GIEA**-15005 Shady Grove Rd #200, Rockville, MD 20850
Phone #301-340-8099

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

ONE WEEK BEFORE THE PROCEDURE

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regard to holding these medications prior to the procedure.
- You may take Tylenol as needed.

You need to purchase the following products to take the day of your procedure:

1. Two (2) Fleet Enema (green and white box)

DAY OF PROCEDURE

- Morning of the procedure, use one (1) Fleet Enema; please follow the directions on the box.
- Approximately 2 hours before leaving for your appointment use the remaining Fleets Enema.
- DO NOT eat any solid foods for 8 hours prior to the procedure.
- DO NOT drink anything for 4 hour prior to the procedure.

*****You must be totally fasting 4 hours before the procedure. This means you may have mothering to eat, drink, smoke, or chew for 4 hours prior to the procedure.**