

Sigmoid Bowel Prep Instructions
PLEASE READ ALL THESE INSTRUCTIONS CAREFULLY

- If you have any questions about these instructions, please contact our office at 520-722-0744
 - You are scheduled for your exam at Mesquite Surgery Center, 7445 E Tanque Verde Rd, Tucson Az 85715
 - If you are scheduled at TMC, St Joseph Hospital or Northern Cochise Hospital: Arrive 1 hr. prior to appointment
- Date: _____ Time: _____ Arrival Time: _____

Please be advised that these instructions may be different from the package instructions

5 DAYS BEFORE YOUR EXAM:

- You **must stop** taking the following medication: (If cleared by your Primary Care Physician or Cardiologist). Aspirin, NSAIDS (Advil, Ibuprofen, Naproxen, Meloxicam, Aleve) Coumadin, Warfarin, Heparin, Pradaxa, Plavix, Clopidogrel, Xarelto, Eliquis or other blood thinners. If you must continue please let us know.
- **Stop** any bulking agents and vitamin supplements; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic Tablets, Vitamin E, Multi Vitamins, Fish Oil and Iron Supplements.
- **Phentermine** must be stopped 2 weeks prior to procedure.
- **Tylenol** is acceptable to take during this time.

2 DAYS BEFORE YOUR EXAM:

- Start a low fiber diet. (No whole grain, raw vegetables, fruits, nuts, popcorn or seeds of any kind, etc.)
- Flush with ONE **Fleet Enema** around 4:00 PM (This is available over the counter at your pharmacy) Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements may occur.

THE DAY BEFORE YOUR EXAM:

- Stop your **Oral Diabetic Medication**. You may resume these medications after your exam.
- **CLEAR LIQUID DIET ALL DAY (anything you can hold up to the light and see through)**
- Which includes; **Beverages:** Any soft drinks, Gatorade, Kool-Aid, fruit juices with NO pulp (Apple, white grape, lemonade, etc.) Water, Tea, Coffee. **Soups:** Low sodium chicken, beef or vegetable bouillon or broth. **Other:** Hard Candies, Jell-O (No fruit or toppings), Popsicles (No sherbets, ice cream or fruit bars)
- **NO DAIRY PRODUCTS OR ANYTHING THAT IS RED OR PURPLE IN COLOR.**
- **Breakfast, Lunch and Dinner- LIQUID DIET ONLY**, drink all clear liquids you want. **NO SOLID FOOD!**
- Take any heart, blood pressure, seizure, thyroid or other necessary medications as usual
- **Insulin Dependents Diabetics** should take ½ the usual dose of insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.

THE AFTERNOON BEFORE YOUR EXAM:

- By **3 PM**- Flush with One **Fleet Enema**
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements may occur.
- **Continue your clear liquid diet, drink as much of the clear liquids as you like until bed time. NO SOLID FOOD!**

THE MORNING OF YOUR EXAM:

- Take any heart, blood pressure, seizure, thyroid or other necessary medications **4 hours** before your exam.
- You may continue to drink water until 4 hours before your exam.
- **NO SOLID FOOD!**
- **Stop drinking clear liquids 4 hours before your exam.**
- **Nothing to eat or drink until after your procedure.**
- **Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks**
- **Please bring a list of your current medications with you.**
- **SOMEONE MUST DRIVE YOU HOME AFTER YOUR EXAM.**
- **You may not drive for the remainder of the day.**

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520-722-0744 PH, 520-722-0745 FAX