

# Gastro Health - Olympia

GastroHealth.com/Olympia

FLEXIBLE SIGMOIDOSCOPY     FLEXIBLE SIGMOIDOSCOPY/EGD (Gastroscopy)     FLEXIBLE SIGMOIDOSCOPY with ENDOSCOPIC ULTRASOUND

## PREPARATION INSTRUCTIONS - Tap Water Enema

Appointment Day \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_ am/pm Provider \_\_\_\_\_

SEVEN (7) DAYS BEFORE	THREE (3) DAYS BEFORE	DAY BEFORE	DAY OF PROCEDURE
<ol style="list-style-type: none"><li><b>Regarding Aspirin:</b> If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do <b>NOT</b> stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do <b>STOP</b> it for this procedure.</li><li>Tylenol and Acetaminophen are <b>okay to take</b>.</li><li>Stop iron, multi-vitamins with iron and fish oil supplements for this procedure.</li><li>At your pharmacy, buy the following <b>over-the-counter</b>:<ul style="list-style-type: none"><li><b>One (1) enema system with water bottle</b> (1.5 or 2 quart capacity).</li></ul></li><li>Read this entire instruction sheet (front and back).</li><li>Read complete packet of materials included with this handout.</li></ol>	<ol style="list-style-type: none"><li>Stop anti-inflammatory medications (including those taken for arthritis) such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen.</li><li>If you take Prednisone, do <b>NOT</b> stop taking it, unless otherwise directed.</li><li>Stop fiber supplements such as Metamucil, Citrucel and Benefiber.</li><li>Stop eating berries, nuts and seeds.</li><li>If your procedure is scheduled with sedation, you must have a driver. <b>No driver = No sedation.</b></li></ol>	<ol style="list-style-type: none"><li>Eat a light breakfast and lunch <b>before 1:00 pm</b>. Then, <b>No</b> solid food. <b>No</b> dairy. <b>No</b> juice with pulp. <b>No</b> alcohol until after the procedure. This will be your last solid food until after the exam.</li><li>To stay hydrated, <b>drink at least 8 glasses of clear liquids* during the day and evening</b>.</li><li><b>*Clear liquids include:</b> Apple and white grape juice; beef, chicken or vegetable broth (low sodium if you have heart or kidney problems, or diabetes); plain tea, black coffee; soda pop, Crystal Light, Kool-Aid, Jell-O, popsicles and water. <b>Avoid clear liquids with red food coloring or red dye such as "Red 40"</b> listed on its labeling; <b>Avoid dairy and Ensure</b> type beverages.</li><li>If you are on Lovenox injections, stop 12 hours before your appointment.</li></ol>	<ol style="list-style-type: none"><li>Use only <i>plain tap water</i> under 120° F.</li><li>Prepare and insert tap water enema in rectum per manufacturer instructions <b>one hour</b> prior to leaving home.</li><li><u>You may drink clear liquids until four hours before your appointment, then STOP.</u></li><li>MEDICATIONS TO <b>STOP</b>:<ul style="list-style-type: none"><li>Do <b>NOT</b> take any diabetes medication after midnight the day of your exam.</li></ul></li><li>MEDICATIONS TO <b>TAKE</b>: (<i>with a sip of water</i>)<ul style="list-style-type: none"><li><b>Do take</b> prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.</li></ul></li><li>Wear comfortable clothing and socks to keep your feet warm.</li><li>Do <b>not</b> wear jewelry, tight belts, pantyhose, cologne or perfume. Leave money and other valuables at home.</li><li>Bring insurance card(s), copay (if required) and driver's license or photo ID.</li><li>Do <b>NOT</b> smoke the day of your procedure.</li></ol>

### Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW

**Antiplatelet agents** such as Dipyridamole (Aggrenox, Persantine), Clopidogrel (Plavix), Prasugrel (Effient): *Hold for \_\_\_\_\_ days before procedure.*

**Blood thinners** such as Warfarin (Coumadin), Pradaxa: *Hold for \_\_\_\_\_ days before procedure.*

You will be given written instructions about restarting this medication after your procedure. Call our office if you didn't receive those.

**If you have questions, call 360.413.8250. \*\*\*Read the back of this form for location, tips and other information.\*\*\***

## Location, Tips and Other Information

### Your Procedure is Scheduled at:

- Gastroenterology Associates Endoscopy Center (GAEC)**  
209 Lilly Road NE, Suite A, Olympia, WA 98506 | 360.413.8250  
(1st Floor, turn right just inside of the Main Entrance)  
If your weight is  $\geq$  350 lbs or your BMI is  $\geq$  50, we cannot perform your procedure at GAEC. Please contact us with increased weight or BMI after being scheduled for procedure.
- Providence St. Peter Hospital Endoscopy Center**  
413 Lilly Road NE, Olympia, WA 98506 | 360.413.8250  
(Check in at Admission Desk in Main Lobby)

### Your Prep is the Key to a Successful Flexible Sigmoidoscopy

The left colon and rectum must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon, which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.

### In Planning Your Procedure, Have You Told Us If You

- Could be pregnant. If you arrive for your procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event (since we last saw you or since we completed your pre-procedure questionnaire by phone).

### Taking Your Bowel Preparation

- Flexible sigmoidoscopy preparation can very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is very important to drink clear liquids as instructed to stay hydrated.
- The left colon and rectum must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone but will eventually become watery. Some amount of yellow/green liquid and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- Bowel cleansing may cause some people to get lightheaded, **so move about carefully** after administering the enema.
- If you have not had good results, please contact our office/answering service at 360.413.8250 after 6:30 am.

### On Your Procedure Day

- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, please take your daily dose(s) as prescribed with a sip of water, including on your procedure day.
- You must bring a driver at least 18 years of age with you to your procedure. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery (read the Driver's Responsibilities form included).
- Plan to be at GA Endoscopy Center 2-2½ hours, at the hospital Endoscopy Center 3-6 hours. Actual procedure time is much less than that.
- If you receive sedation, your judgement and reflexes may be impaired. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages or go to work until the following day.
- After your procedure, we recommend you start with a small meal of non-greasy, easy to digest foods and advance to a normal diet as tolerated.

Visit our website at [GastroHealth.com/Olympia](http://GastroHealth.com/Olympia) to obtain more information about our practice.

If you have questions, call 360.413.8250 \*\*\*Read the front of this form for full instructions\*\*\*