

Gastro Health - Olympia

GastroHealth.com/Olympia

ANORECTAL MANOMETRY 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">Regarding Aspirin: 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 NOT stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure.Tylenol and Acetaminophen are okay to take.Stop iron and multi-vitamins with iron for this procedure.At your pharmacy, buy the following over-the-counter:<ul style="list-style-type: none">One (1) enema system with water bottle (1.5 or 2 quart capacity).Read this entire instruction sheet (front and back).Read complete packet of materials included with this handout.	<ol style="list-style-type: none">If you take Prednisone, do NOT stop taking it, unless otherwise directed.Stop fiber supplements such as Metamucil, Citrucel and Benefiber.Stop eating berries, nuts and seeds.	<ol style="list-style-type: none">Eat a light breakfast and lunch before 1:00 pm. Then, No solid food. No dairy. No juice with pulp. No alcohol until after the procedure. This will be your last solid food until after the exam.To stay hydrated, drink at least 8 glasses of clear liquids* during the day and evening.*Clear liquids include: Apple juice, 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. Avoid clear liquids with red food coloring or red dye such as "Red 40" listed on its labeling; Avoid dairy and Ensure type beverages.If you are on Lovenox injections, stop 12 hours before your appointment.	<ol style="list-style-type: none">Use only <i>plain tap water</i> under 120° F.Prepare and insert tap water enema in rectum per manufacturer instructions one hour prior to leaving home.You may drink clear liquids until four hours before your appointment, then STOP.MEDICATIONS TO STOP:<ul style="list-style-type: none">Do NOT take any diabetes medication after midnight the day of your exam.MEDICATIONS TO TAKE: (<i>with a sip of water</i>)<ul style="list-style-type: none">Do take prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.Wear comfortable clothing and socks to keep your feet warm.Do not wear jewelry, tight belts, pantyhose, cologne or perfume. Leave money and other valuables at home.Bring insurance card(s), copay (if required) and driver's license or photo IDDo NOT smoke the day of your procedure.

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: **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 Procedure

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.

Taking Your Bowel Preparation

- Bowel movements will be different for everyone, but the enema should produce bowel movements become loose and 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.

***Clear Liquids (should be clear enough to read print through it)**

- Apple juice, white grape juice
- Plain broth such as chicken, beef, vegetable, bouillon (low sodium if you have diabetes, heart or kidney problems)
- Gatorade, Crystal Light, sports drinks, soft drinks
- Black tea, black coffee
- Jell-O
- Popsicles
- Water
- **Avoid clear liquids with red food coloring or red dye such as “Red 40”** listed on its labeling. **Avoid dairy and Ensure** type beverages.

On Your Procedure Day

- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, take your daily dose(s) as prescribed with a sip of water, including on your procedure day.
- Plan to be at the hospital Endoscopy Center 2-3 hours. The actual procedure time is much less than that.
- You will not be given sedation for this procedure, so you will not need a driver.
- 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 to obtain more information about our practice.
If you have questions, call 360.413.8250 *Read the front of this form for full instructions*****