



FLEXIBLE SIGMOIDOSCOPY FLEET ENEMA INSTRUCTIONS

IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed.

Purchase two (2) Over-the-Counter Fleet Enema Kits at least 7 days before your procedure.

Medication adjustment.

- ❖ You will continue your blood pressure, heart medications, inhalers, and aspirin.
- ❖ If you take diabetes medication:
 - Take oral medication as prescribed.
 - Insulin: Please take $\frac{1}{2}$ the baseline insulin dose the night before and in the morning of your procedure. Monitor your blood sugar in the morning of your exam and contact your PCP for further questions.
- ❖ If you take blood thinners, such as Rivaroxaban (Xarelto®), Apixaban (Eliquis®), Warfarin (Coumadin®), Clopidogrel (Plavix®), or other similar medications, please contact your prescribing provider for instructions on when to stop them.
- ❖ If you take iron pills, stop 5 days before.

1 Day Before Exam:

- ❖ Do NOT eat any solid foods after 8 pm, stop drinking anything after MIDNIGHT the night before your exam.
- ❖ If you take GLP-1 agonist medications such as Ozempic®, Mounjaro®, Trulicity®, Victoza®, etc., you must be on a clear liquid diet the entire day before your procedure.

On the Day of Exam:

- ❖ Use the 2 Fleet Enema Kits 5 hours before arrival time.
- ❖ Remain close to the restroom.
- ❖ You cannot eat or drink anything except for taking your medication, as below.
- ❖ You can take Heart, Blood Pressure, Seizure medications, Inhalers, and aspirin. Please take these medications with a small amount of water at least 2 hours before your arrival time. From now on, ABSOLUTELY NOTHING BY MOUTH, including gum, candy, mints, or tobacco products, etc.

Bring a medication list.

Please bring a complete medication list (names, dosage, frequency, and last date taken) with you.

If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to two (2) hours before arrival time with a small amount of water.

For women of reproductive age, a pregnancy test is required before the procedure. You will need to provide a urine sample after checking in.

Plan for your recovery.

You will receive anesthesia/sedation for this exam. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, non-medical ride service, rideshare (Uber®), or leave the center alone.

YOU MUST BE ACCCOMPANIED BY A RESPONSIBLE ADULT WHO WILL STAY AND TRANSPORT YOU HOME FROM THE FACILITY. IF THEY ARE NOT ON SITE, YOUR PROCEDURE WILL BE CANCELLED.

Please bring your insurance card(s) and photo ID with you on the day of your procedure. Please remove all jewelry, including earrings and facial/oral piercings. Leave all valuables at home.

If you must cancel this appointment, please give a 72-hour notice.

Contact Harford Endoscopy Center during business hours if you have questions about your appointment or these instructions. You can reach us through our Klara text messaging system by dialing 443-785-5508 or calling 410-838-6345