
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 INJECTABLE GLP-1 agonist medications such as Ozempic®, Mounjaro®, Wegovy®, Zepbound®, etc., you must stop 7 days prior to the procedure; if you take ORAL GLP-1 agonist medications daily, please stop 1 day prior.**
- ❖ If you take diabetes medication:
 - Take oral medication as prescribed.
 - Insulin: Please take ½ 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:

- If you take INJECTABLE GLP-1 agonist medications CLEAR LIQUIDS ONLY THE ENTIRE DAY
- If you DO NOT TAKE INJECTABLE GLP-1 agonist medications, you may eat solid foods UNTIL 8:00 PM.
- Do not drink anything after MIDNIGHT.

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.

Complete the medication list (names, dosage, frequency, and last date taken) from your prep packet and bring it 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 ACCOMPANIED 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), photo ID, and completed paperwork from your prep packet with you 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
