



COLON AND RECTAL CENTER OF ARIZONA

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A member of Arizona Associated Surgeons

Your Appointment: Time & Date _____

___ St. Joseph's Hospital 350 W. Thomas Rd Phoenix, AZ 85013 / 602-406-3533

___ Banner Thunderbird Outpatient 5555 W. Thunderbird Rd Glendale, AZ 85306 / 602-865-5513

___ Boswell Hospital 10401 W. Thunderbird Rd Sun City, AZ 85305 / 623-876-5334

___ Arrowhead Hospital 18701 N 67th Ave Glendale, AZ 85308 / 623-561-1000

___ JCL Deer Valley OP Endo 19646 N 27th Ave Phx, AZ 85027 / 623-879-6100

Flexible Sigmoidoscopy Preparation

Please read and follow instructions below carefully to minimize risk of complications from the procedure.

Deviating from these instructions may result in the cancellation of your procedure.

Medication & Diet Instructions

Five days prior to your procedure, **STOP:**

- Aspirin and aspirin-containing products and all vitamins. Acetaminophen (Tylenol) can be continued or substituted as a pain reliever for aspirin.

Two days prior to your procedure

- Avoid eating nuts, seeds, beans and foods with a peel (such as grapes or tomatoes) as fibers can clog the scope.

Three days prior to your procedure, **STOP:**

- Anti-inflammatory medications (such as Ibuprofen, Celebrex and Naproxen).

Day Prior to Your Procedure

Purchase one two Fleet's enemas at any drug store.

- Starting the afternoon prior to your procedure, limit your food intake to ONLY clear liquids until after your examination, such as coffee (no cream), tea, apple juice, soda, clear broth or Jell-O (no red or purple dye flavors).

- **Have a clear liquid dinner Avoid red dye flavors.**

Day of Your Procedure

- You will need to fast 4-6hrs prior to your procedure
- You may take your medication as usual unless otherwise instructed.
- Diabetics do not take your am dose of insulin the day of your procedure.
- Fleet's RECTAL enemas. Follow package instructions.
 - Take the first enema three hours before the procedure.
 - Take the second enema two hour before the procedure.

Wear comfortable clothing. You will be asked to undress from the waist down.

If you are driving a distance that makes administration of enemas prior to the appointment impractical, bring the enemas with you to the facility. You will need to arrive **2 hours** before your appointment in order to give yourself adequate time to administer the enemas and allow them to work

All patients with questions should call the surgery scheduler Carmen @ 602-993-2622 X2005

For questions after hours, please leave a message and your call will be returned the next business day.