

DATE AND TIME OF PROCEDURE _____

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LOWER EUS AND FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

* Follow all the instructions in this handout EXACTLY as they are written. If you do not follow the directions, your procedure may be canceled. **If you wish to cancel your procedure, please call our office at least 7 days before the procedure to avoid a procedure cancellation fees. This way we can offer your cancelled spot to another patient on the waiting list.**

- NO food or drink after midnight the night before your test. For example, if the procedure is scheduled for Jan 1, 2020 do not eat or drink after Midnight Dec 31, 2020
- You will be sedated for the test and must have someone to drive you home. You are not permitted to drive, drink alcohol, operate machinery or sign any legal documents for 24 hours after the sedation.
- DO NOT take any anti-inflammatory drugs (ex. ibuprofen, Aleve, naproxen) for 7 days prior to your exam. If you are on Coumadin, Plavix, Pradaxa or any other blood thinner, ask your prescribing physician for additional instructions. **It is OK to take Aspirin.**
- DO not use tobacco, marijuana, or illicit drugs
- **ENEMAS:** Perform 2 tap water enemas 3 hours prior to arrival time. If you need assistance, the hospital may help you with enemas upon arrival (this may delay your procedure).
- Bring a list of your current medications.
 - **Insulin and diabetes medications** • Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. **The following is some information to guide you:** • If you take a pill to lower your sugar, do not take it on the day of your procedure. • If you are taking regular insulin®, do not take it on the day of your procedure. • If you are taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure. • If you are taking any other insulin preparation, such as Lantus®, Humalog® or 70/30 insulin, contact your prescribing physician for instructions. • If you take aspirin, take it and ALL other prescribed medicines with a sip of water on the day of your procedure.
 - DO NOT take ACE inhibitors such as Lisinopril, Enalapril, Ramipril, Benazepril ETC and DONOT take ARBs such as Irbesartan, Losartan, Olmesartan etc
 - Some of the medicines you take may need to be stopped or adjusted temporarily before your procedure. • Blood thinners -- such as Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine hydrochloride), Agrylin® (anagrelide), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran), Eliquis® (Apixaban), and Effient® (Prasugrel). You must speak with your prescribing physician or the specialist performing the procedure at least 2 weeks before the scheduled test. Do not stop these medications without the consent of your physician