OCRA
OAKLAND COLON AND RECTAL ASSOCIATES, P.C.

Harry Wasvary, MD
Jason Shellnut, MD
Matthew Ziegler, MD
Claire Peeples, MD
John Bauman, MD
Bradley Krasnick, MD
Renee Phillips, MSN, APRN, FNP-C

1121 North Crooks Road
Royal Oak, Michigan 48067
Phone: 248.541.8554
Fax: 248.541.1791
www.oaklandcolon.com

FLEXIBLE SIGMOIDOSCOPY AND POUCH ENDOSCOPY PREPARATION

YOUR APPOINTMENT

PHYSICIAN NAME

DATE OF PROCEDURE

APPOINTMENT ARRIVAL TIME

WILL YOU HAVE SEDATION?
☐ YES ☐ NO

LOCATION

Your location is the one that is checked.

☐ **Corewell Hospital East**
3601 W 13 Mile Rd, Royal Oak, MI 48073
Go to the North entrance registration

☐ **Corewell Health Care Center**
6900 Orchard Lake Rd, West Bloomfield
Go to the lower level, Suite 100

☐ **Gastro Intestinal Endoscopy Center**
264 W Maple Road, Suite 100, Troy, MI 48084

☐ **Michigan Endoscopy Center**
30055 Northwestern Hwy., Suite L-60, Farmington Hills, MI 48334

YOUR PREP AT A GLANCE

BEFORE YOUR SCOPE	LAST MEAL BEFORE SCOPE	8 HOURS BEFORE ARRIVAL TIME	3 HOURS BEFORE LEAVING	1 HOUR BEFORE LEAVING
• Buy your supplies, including 2 saline enemas	• Clear liquids only • No solid food or milk/dairy	• Only if having sedation: stop drinking, chewing and smoking	• First enema • Hold for 10 minutes	• Second enema • Hold for 10 minutes

WHAT TO BUY

You will need to buy four things. Check each box as you pick it up.

- ☐ **Clear liquids**
  See the clear liquid suggestions below.
- ☐ **2 adult saline enemas**
  Any brand is fine. Found in the laxative aisle of the pharmacy.
- ☐ **Flushable / disposable moist wipes**
  Optional
- ☐ **Calmoseptine® ointment**
  Any size tube. **Optional**

CLEAR LIQUID SUGGESTIONS

OK TO DRINK

- **Water**, **Propel**, **Gatorade** and other drinks with electrolytes
- **Apple** or **white grape juice**
- **Tea** or **coffee** (no cream, no milk)
- **Coconut water**
- **Broth** or **Jell-O**
- **Popsicles**, **Italian ice** or **hard candy**
- **Sprite** or **ginger ale**

LAST MEAL BEFORE YOUR SCOPE: CLEAR LIQUIDS ONLY

Only drink **CLEAR liquids** for this meal – **no solid food** or **milk/dairy products**. See the clear liquid suggestions above.

MORNING OF YOUR SCOPE: ENEMA PREP

STAY NEAR A BATHROOM
Stay near the bathroom until leaving for your scope.

1

8 hours before your appointment arrival time

ONLY IF HAVING SEDATION: at this time, you must **stop drinking, chewing or smoking**. Do not ingest anything else by mouth until after your appointment.

☐ Done

2

3 hours before leaving for your appointment

Insert the **first enema** 3 hours before you plan to leave for your appointment.

Do your best to **hold the enema for 10 minutes** before releasing all waste products into the toilet.

☐ Done

3

1 hour before leaving for your appointment

Insert the **second enema** 1 hour before leaving for your appointment.

Again, be sure to follow the instructions and **hold for 10 minutes**.

☐ Done

HOW TO USE AN ENEMA

1	Remove the **protective cap** from the pre-lubricated enema tip before using.
2	Gently insert the tip into the rectum with a **slight side-to-side movement**, with the tip **pointing towards the navel**. **Do not force** the enema tip into the rectum as this can cause injury.
3	**Slowly squeeze** the bottle until nearly all the liquid in the bottle is gone. Then remove the tip from the rectum.
4	Maintain your position until a **strong urge to defecate** is felt. **Do not retain the enema solution for more than 10 minutes.**

FOR MORE INFORMATION
Visit: https://www.fleetlabs.com/how-to-use-fleet