

DONALD C. BARKEL, M.D., P.C.  
HARRY J. WASVARY, M.D., P.C.  
JASON SHELLNUT, M.D., P.C.  
MATTHEW ZIEGLER, M.D., P.C.  
CLAIRE PEEPLES, M.D., P.C.  
STEPHEN G. PRIEST, M.D., P.C.

1121 CROOKS ROAD  
ROYAL OAK, MI 48067  
TELEPHONE: (248) 541-8554  
FAX: (248) 541-1791

**FLEXIBLE SIGMOIDOSCOPY PREPARATION**

PHYSICIAN NAME: \_\_\_\_\_ DATE OF APPOINTMENT: \_\_\_\_\_

ARRIVE AT: \_\_\_\_\_ APPOINTMENT TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

**\*\*IMPORTANT\*\***

- Please notify the office if you are taking blood thinners/anticoagulants, anti-platelet medications, NSAIDS/non-steroidal &/or Aspirin products
  - These medications must be DISCONTINUED prior to your procedure.
  - Please contact your physician for guidance of discontinuation.
  - Please contact your physician for dosage adjustments of diabetic medications prior to procedure.
  - Hold herbal supplements for 2 weeks prior to surgery; hold Vitamin E products for 7 days.
  - Insulin-dependent diabetics should contact their personal physician for dosage instructions prior to the procedure.
- We also need to know if you have a history of endocarditis or artificial heart valve, which might require prophylactic antibiotics.***

1. You will need to follow a clear liquid diet for your dinner the night prior to your procedure.
2. Use one (1) FLEET ENEMA at 8:00 p.m. the night prior to the procedure.
3. STOP your clear fluids 4 hours prior to the procedure.
4. Take two (2) FLEET ENEMAS three (3) hours prior to the procedure.

**CLEAR LIQUIDS:**

Water, soft drinks (Ginger Ale, Cola, Sprite, 7-Up), Gatorade, Kool-Aid, strained fruit juice such as apple juice or white grape juice (clear juices, NO pulp), tea or coffee (no cream), popsicles (NO sherberts or fruit bars), hard candies. DO NOT EAT OR DRINK ANYTHING COLORED RED OR PURPLE.