

**PINEHURST MEDICAL CLINIC ENDOSCOPY CENTER**

15 REGIONAL DR.

PINEHURST, NC 28374

(910) 235-3177 or (910) 235-3178

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Location: \_\_\_\_\_ Physician: \_\_\_\_\_

## **Sigmoidoscopy with Sedation**

### **Special Medication Instructions**

If you take any blood thinners such as **Coumadin, Plavix, Effient, or Pradaxa** and you did not see one of our GI providers in clinic, please contact our office immediately. You may need special instructions concerning these medications.

### **One Day Prior to Your Sigmoidoscopy**

You will need to avoid fruits and vegetables with seeds and skins such as tomatoes and grapes, roughage foods such as leafy green vegetables or salads and all beans, corn, and nuts. You **may** eat **Meats, Breads, Rice, Pasta, and Potatoes.**

In preparation for your procedure, **you will need to purchase Two Fleet's Enemas** from any drug store.

**Do not** have anything to eat or drink after midnight.

You May Take the Following Medications with a small sip of water the morning of your procedure: Blood Pressure, Heart, Asthma, Breathing, Seizure, Anti-Depressants, and Thyroid Medications

Use a FLEET'S ENEMA approximately 2 hours prior to leaving home for your appointment. About 30 minutes later use a second FLEET'S ENEMA which will insure proper cleansing of the colon.

### **Additional Instructions:**

1. Bring a list of your medications with the dosages to your procedure appointment.
2. Please bring a photo ID and your insurance card(s).
3. Wear comfortable clothes that are easy to get into and out of. You may want to wear or bring socks.
4. Your driver may want to bring a drink and/or snack. We do not have vending machines in the waiting room.
5. Do not wear fingernail polish.
6. Do not wear necklaces, chains, bracelets, or earrings. You may wear your wedding band and a watch.
7. Please remove nose and/or tongue piercings prior to your procedure.

### **YOU MUST HAVE A RESPONSIBLE DRIVER ACCOMPANY YOU!**

The Driver must stay in the waiting area. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room.