



Wilmington Health at Silver Stream

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Flexible Sigmoidoscopy Prep Instructions

It is important to follow these instructions exactly as written: otherwise you may have to repeat the prep and exam.

What to Buy:

- 2 Fleet Enemas (generic brands are acceptable)

The day of your procedure:

- **NOTHING by mouth after midnight prior to your procedure.** This includes chewing gum, mints, hard candy, etc. For your safety, failure to comply will result in cancellation of your procedure.
- For the best possible exam, the lower colon must be free of waste material. The day of your exam you will use **2 Fleet** enemas prior to leaving your house. The 1st enema **1 hour** prior to leaving your home. The 2nd enema **30 minutes** later.
- Follow the directions for use on the Fleet enema box. Administer the enema as directed; hold the solution for 5-10 minutes before emptying your colon. Repeat for the 2nd enema.
- You need to take your usual morning medications with **only SIPS** of water at least **3 hours** prior to your scheduled procedure time.
- **NOTHING by mouth for at least 3 hours** prior to your procedure(s). This includes chewing gum, mints, hard candy, etc. For your safety, failure to comply with this will result in cancellation of your procedure(s).

Diabetic patients:

- On the morning of your procedure, **DO NOT** take any insulin or diabetic medications.

Patients on Blood Thinners:

- At your nurse prep call, the nurse will give you instructions.

Important Information:

- **Children under the age of 18 are not allowed in the Endoscopy Recovery Room.**
- It tends to be cold in our office, so we encourage you to wear a thick pair of socks to keep warm.

- You will need to bring a form of payment for your copay or deductible. Please leave all other valuables, including jewelry at home. If you do bring a purse, please have your driver keep it for you during procedure(s).

Other Medication:

- If you are taking any injectable medication for weight loss or diabetes such as Ozempic, Trulicity, Mounjaro, Wegovy, Zepbound, or other similar injectable medications, please hold for one week.
- If you are taking Phentermine for weight loss, you must hold for one week.
- For your safety, failure to comply with this will result in cancellation of your procedure(s). If you have any questions concerning this please call our office for further instructions at 910-341-3343.

YOU CANNOT DRIVE YOURSELF HOME!

A responsible licensed driver of at least 18 years of age must be present upon your arrival and remain in the building during your procedure until it is time to drive you home. It is recommended that someone remain with you throughout the day. The anesthesia medication you receive during your procedure makes driving dangerous and illegal. **We cannot legally release you to drive. You will not be able to drive the rest of the day. You cannot take a taxi, Uber, or other ride-sharing service home.**

Thank you for allowing Wilmington Health to serve your health care needs! It is our pleasure to be part of your health care family.