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## INSTRUCTIONS FOR ANORECTAL PROCEDURES

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

PLEASE REGISTER AT THE ADMISSIONS DEPARTMENT ON THE FIRST FLOOR OF THE HOSPITAL AT LEAST 1 ½ HOURS BEFORE THE SCHEDULED TIME OF YOUR PROCEDURE

The following instructions are designed to cleanse the last portion of your colon and rectum.

You will need to purchase one item from any pharmacy. A prescription is not required.

1. FLEET ENEMA™ 2 ARE REQUIRED

### DAY BEFORE THE PROCEDURE

1. Eat nothing but clear liquids the day before the exam. Clear liquids includes water, soda, coffee or tea, clear fruit juices, Jell-O (not red or green), and clear broth or bullion soup.
2. **Do not eat or drink anything (except medications) after midnight before your procedure.**

### DAY OF PROCEDURE

1. Take two enemas ½ hour apart in the morning. The last should be at least 1 hour before leaving the hospital.
2. Appear for the procedure as scheduled. Remember to arrive at the hospital at least one hour prior to the procedure.
3. You will need someone to drive you home.

### MEDICATIONS

1. **Stop all aspirin, Coumadin, and Plavix use (5) days prior to the procedure.** Restart the day after the procedure.
2. Take ½ the usual dose of any **diabetes medications** the morning of the procedure.
3. Take any other medications as scheduled with sips of water.
4. Other: \_\_\_\_\_
5. **IF YOU HAVE QUESTIONS CALL OUR OFFICE AT (213) 977-1211**