

## Endoscopic Ultrasound/Sigmoidoscopy Prep

Date of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

\*\*\*If you had a recent abdominal CT scan performed, please bring a CD copy with you on the day of your procedure.\*\*\*

**ONE DAY BEFORE PROCEDURE:** Normal diet until midnight. After midnight, clear liquids only such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water. NO SOLID FOOD OR MILK PRODUCTS.

### DAY OF PROCEDURE:



- You may have clear liquids, gum, hard candy and tobacco products up to 4 hours before your procedure.
- Use one (1) Fleet enema, 3 hours prior to leaving from your house.
- Use another Fleet enema, 2 hours prior to leaving from your house.
- Diabetics: Insulin Pump – Follow instructions from your Endocrinologist  
Oral or Insulin Dependent Diabetics – Do not take your medication but bring it with you.

**\*\*IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 4 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**\*\*DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE.**