

**PATIENT INSTRUCTIONS**

APPOINTMENT DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

**Note: Arrival and Procedure Times do NOT appear in Patient Gateway. Please use this time.**

Brigham and Women's  
**Hospital** Endoscopy Center  
75 Francis Street  
Amory Building, 2nd Floor  
Boston, MA 02115

Brigham and Women's  
**Outpatient** Endoscopy Center  
850 Boylston Street (**Route 9**)  
2nd Floor, Suite 202  
Chestnut Hill, MA 02467

Please note: This  
location is in  
**Chestnut Hill, not**  
**Boston**

*If you need to reschedule your appointment, please call the Endoscopy Center at 617-732-7426.  
If you have any questions regarding the procedure and preparation, please call our Endoscopy Triage Nurse  
at 617-525-6814.*

**YOU ARE SCHEDULED FOR THE FOLLOWING PROCEDURE(S):**

- FLEXIBLE SIGMOIDOSCOPY
- ANORECTAL MANOMETRY
- LOWER ENDOSCOPIC ULTRASOUND

**PLEASE READ NOW AND FOLLOW THESE INSTRUCTIONS ENTIRELY:****Two Weeks Before the Procedure:**

- If you take Plavix, Coumadin or any other blood thinning medications, please discuss what to do about these medications before your procedure with the doctor who prescribed it.
- If you are a diabetic, please talk to your doctor or call the endoscopy triage nurse at 617-525-6814 about how to take your medication in order to prevent low blood sugar.

**One Week Before the Procedure:**

- Stop oral iron supplements. You can resume after your procedure.
- Purchase 2 **Fleet saline enemas** from the pharmacy. No prescription is needed.
- **NOTE:** If you are **age 70 or older or have heart or kidney problems, do not use Fleet saline enemas.** Instead, you should use tap water enemas. You can buy 1 enema bottle from the pharmacy, and skip to the 2<sup>nd</sup> point below under 'The Morning of the Procedure.' If you cannot find an enema bottle, you may buy 1 Fleet saline enema, which you will empty the morning of the procedure.

**The Morning of the Procedure:**

- Please use two Fleet saline enemas 2 hours before you leave for the hospital. Follow the instructions on the package carefully to ensure a successful test. Once the enemas are used, do not eat until after the test is over to prevent bowel contents from moving into the area to be examined.
- **NOTE:** If you are **age 70 or older or have heart or kidney problems, do not use Fleet saline enemas.** Instead, you should use tap water enemas 2 hours before you leave for the hospital.



1. If you have a Fleet saline enema, empty the contents into a sink or toilet and then fill it with warm (not hot) tap water. If you have an empty enema bottle, fill it with warm (not hot) tap water.
  2. Lie on your left side and bring your knees towards your chest.
  3. Follow the directions on the box to insert the tip of the bottle gently into your rectum, and gradually squeeze the bottle so the water advances into the rectum.
  4. Hold this water inside of you for 10-15 minutes. Then sit on the toilet and expel the fluid.
  5. After this enema has been finished, fill the enema bottle again with warm tap water and repeat steps 2-4.
  6. If there is a large amount of semi-solid stool still present at the end of the second enema, you may do this a third time.
- **If you plan to have sedation** during the flexible sigmoidoscopy or lower endoscopic ultrasound procedure, **please follow the rest of the instructions below. If you do not plan to have sedation, you have finished your preparation and we look forward to seeing you soon.**
  - **DO NOT EAT FOOD AFTER MIDNIGHT. DRINK CLEAR LIQUIDS ONLY.**
  - You may drink clear liquids up to 4 hours before the procedure. Water, tea, coffee (no milk or cream), soda, broth, clear juice, popsicles, and JELL-O are examples of clear liquids.
  - You may take your regular medications unless otherwise instructed by your doctor, with sips of water. Other than this, have **NOTHING AT ALL BY MOUTH 4 HOURS BEFORE THE PROCEDURE** or your procedure will need to be **CANCELLED**.
  - **In order for your procedure to be performed**, you must arrange for an adult to meet you **in the Endoscopy Center** and either drive you home or accompany you in a taxi or on public transportation. **Your ride must be flexible, as procedures can run longer than expected.** You cannot be discharged from the Endoscopy Center until your ride arrives to accompany you home.