



Southwest Gastroenterology Associates
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Flexsigmoidoscopy Prep		
Date:	Time:	Physician:
Location: Lovelace Medical Center Downtown 601 Dr Martin Luther King Jr Ave NE, Albuquerque, NM 87102		
Please call to confirm appointment 505-999-1606 or 999-1610		

Follow the instructions below for your procedure. You will need a driver on the day of your procedure. Please call our office if you have any questions.

1 WEEK PRIOR TO YOUR PROCEDURE

Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Eliquis, Xarelto, Pradaxa, Warfarin or any other blood thinning medications. Please call your managing provider for instructions on stopping your medication _____ days prior to your procedure. **Stop** taking iron supplements or vitamins with iron, fish oil, krill oil or shark oil supplements.

Purchase 3 water based “FLEET ENEMAS”. You do not need a prescription.

DAY OF YOUR PROCEDURE

Take your medications at least 2 hours prior to your procedure with a small sip of water only. **Do not** have anything to eat or drink (no liquids) **8 hours** prior to your procedure. **Do not** skip heart, blood pressure or seizure medications.

No gum, mints, candy or tobacco products.

1. Approximately one hour before leaving your home, begin use of the three Fleets enemas.
2. Hold in each enema for 10 minutes, or as long as possible.
3. Space each enema 10 to 15 minutes apart.

You will need your current insurance card, picture ID and copayment.