

# **PREP FOR FLEXIBLE SIGMOIDOSCOPY AND RECTAL ENDOSCOPIC ULTRASOUND**

**What is Lower Endoscopic Ultrasound EUS?** A lower endoscopic ultrasound is an examination of the wall of the rectum and sigmoid colon through a flexible tube with an ultrasound device on its tip.

## **ONE WEEK PRIOR TO YOUR PROCEDURE:**

- Buy two (2) bottles of FLEET enemas (green and white box). FLEET enema is a brand of enema, which is available in most pharmacies without a prescription.
- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. Please notify us at 810-603-8400 prompt 1 and **contact the physician who prescribed the medication for instructions on how to stop them.**
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg)** Polyps can be removed in the presence of this lower dosage.
- The following is not an all-inclusive list.
  - ❖ Plavix (clopidogrel bisulfate)
  - ❖ Ticlid (ticlopidine hydrochloride)
  - ❖ Coumadin (warfarin sodium)
  - ❖ Pradaxa (dabigatran)
  - ❖ Xarelto (rivaroxaban)
  - ❖ Eliquis (apixaban)
  - ❖ Persantine (dipyridamole)
  - ❖ Effient (prasugrel)
  - ❖ Arixtra (fondaparinux)
  - ❖ Brilinta (ticagrelor)
  - ❖ Lixiana/Saraysa (edoxaban)
  - ❖ Lovenox (enoxaparin)
  - ❖ Fragmin (dalteprin)
  - ❖ Zontivity (vorapaxar)

## **DAY BEFORE YOUR PROCEDURE:**

- Light Dinner
- **Nothing to eat or drink** after **MIDNIGHT** the night before your procedure

## **ON THE DAY OF PROCEDURE:**

- Two hours prior to your test you use two Fleets enemas before coming to the hospital. Please follow the instructions on the package insert carefully to ensure a successful test.
- Once the fleet enemas are given, **DO NOT EAT OR DRINK UNTIL THE TEST HAS BEEN COMPLETED.**
- Diabetic – if you take insulin in the morning, take one-half dose of insulin on the morning of the procedure. If you take pills for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.
- You cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure may be cancelled if you do not have a ride. A list of your current medications including the dosage and the time you take them, along with any drug allergies. Your driver's license and insurance cards.