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## Instructions for Flexible Sigmoidoscopy

You have been scheduled for a Flexible Sigmoidoscopy. In order to insure a complete and successful examination, please follow these instructions carefully:

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **Check in 1 hour before @Location:**

<input type="checkbox"/> <b>Michigan Endoscopy Center - Farmington Hills</b> 30055 Northwestern Hwy. @ Inkster Rd. Located in the Providence Building, Suite #L60 Providence Medical Building is located on Inkster Rd at 12 ½ mile area- on the South side of Northwestern Hwy Enter at the West entrance, straight to elevator	<input type="checkbox"/> <b>Michigan Endo Center Providence Park - Novi</b> 47601 Grand River Ave. @ Beck Rd. Outpatient Building, 1 <sup>st</sup> floor-suite #D110 Providence Novi Outpatient Building door has a pyramid canopy with a statue of two nuns in front and is the building facing Grand River Ave.
<input type="checkbox"/> <b>Providence Hospital Main entrance- Southfield</b> 16001 W. 9 Mile Rd. @ Greenfield Southfield, MI 48075 use the 9 Mile entrance	<input type="checkbox"/> <b>Providence Park Hospital, Outpatient Center - Novi</b> 47601 Grand River Ave @ Beck Novi, MI 48374 the 2 <sup>nd</sup> floor of the Outpatient Building

If you are unable to keep your appointment, **call** the office at least **24 hours in advance** to cancel the procedure. Note: Any less time to cancel or reschedule may result in a charge for set up, boarding and rescheduling.

<b>2 wks. Prior</b>	1. <b>If you take Diet pills</b> not limited to but including, <b>Phenteramine</b> (Phen-Phen Diet Pills), stop this and any type of diet medication 2 weeks prior to procedure.
<b>1 Wk. Prior</b>	1. <b>DO NOT EAT</b> foods containing <b>small seeds</b> (nuts, tomatoes, cucumbers, rye, popcorn, sesame, caraway, poppy and grapes). 2. <b>Stop Iron</b> , 1 week before your procedure.
<b>7-5-2 days prior</b>	3. If you take the following medications, stop according to medical guidelines. If you are a <b>heart patient</b> and taking these medications, <b>consult your cardiologist</b> prior to stopping. • <b>Stop Effient (prasugrel)</b> 7 days prior. • <b>Stop Coumadin (warfarin), Plavix (clopidogrel) &amp; Brilinta (ticagrelor)</b> 5 days prior. • <b>Stop Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban) &amp; Savaysa (edoxaban)</b> 2 days prior.
<b>DAY BEFORE</b>	1. <b>Clear liquid dinner</b> : water, broth, pop, fruits, juices, black coffee, tea and jello. 2. At 6 P.M. take 3-4 tablespoons of Milk of Magnesia, followed by two 8 oz. glasses of water. 3. <b>Do not eat until after your procedure.</b>
<b>Day Of Procedure</b>	1. Between <b>5 &amp; 6 a.m.</b> , on the <b>morning</b> of your examination, <b>take your heart and/or blood pressure medication</b> with a small sip of water. 2. If your procedure is after 12 noon, you may have a clear liquid breakfast. Nothing by mouth 6 hrs prior to procedure. 3. One hour before appt. use as directed <b>One FLEET ENEMA</b> (green/white box). 4. <b>Bring someone with you</b> to stay during your procedure and take you home. If you arrive alone, your examination will be cancelled. 5. Please <b>be on time</b> . If you are late, you will be the cause of major delays for all other patients' under-going similar examinations. Furthermore, if you are late, your examination may be cancelled and so that the schedule for other patients can be maintained.
<b>After Procedure</b>	1. After you are <b>discharged</b> , return home. <b>Do not drive</b> , operate machinery, or drink alcoholic beverages for <b>18-24 hours</b> . 2. If you have any complications (vomiting, abdominal pain, tenderness, fever or bleeding) after returning home, call the office at 248-662-4110, after 4 p.m. call the answering service at 866-830-7280