

Ghiath Tayeb, M.D.
Board Certified Gastroenterology
Reem Jarbou, D.O.
Board Certified Gastroenterology
Seina Farshadsefat, D.O
Phone: (248)-651-0800. Fax: (248)-651-7341

Outpatient Instructions for Sigmoidoscopy

Patient's Name _____

Hospital/Facility _____

Date of Procedure _____

Time to Arrive _____

*** Arrival time is subject to change. The facility will call you the day before the procedure with the exact arrival time. ***

- Clear liquid diet all day the day before. Drink one 20 ml of Lactulose that will be sent to your pharmacy.
- Prior to leaving for the hospital do 2 Fleet Enemas.
- Nothing to eat or drink eight hours prior to the procedure.
- **STOP** taking Aspirin 5 days prior to the procedure. If needed, you may take Tylenol.
- **STOP** taking Coumadin, Warfarin, Plavix, or any blood thinners 3 days prior to the procedure.
- No medications may be taken in the morning before the procedure except heart and blood pressure medication (take with a *small* sip of water). Any other medications should be taken after the procedure is over.
- You may NOT work or drive the day of the procedure. You must have a driver that will remain in the facility during the procedure and drive you home or the test will be cancelled.

If you have any questions or concerns, please call the office at **(248)-651-0800.**

If you are unable to keep your appointment, please give at least two business days' notice. A \$100 fee will be assessed for cancellations made after that time.

Thank you.