

Endoscopy Preparation Instructions

Flexible sigmoidoscopy/Pouchoscopy/Rectal EUS

Appointment date:

Appointment time (please arrive 1 hour early):

Checklist items:

- Arrange for an escort to take you home** (if you wish to receive sedation/anesthesia for your procedure)
 - A responsible adult must accompany you home
 - If you do not have an escort, your procedure may be cancelled
 - *If you do not plan to receive sedation/anesthesia, then you do not need an escort home*
- Purchase 2 bottles of **Fleet enema** (no prescription required)



- Review the Medication Management Instructions**
 - If you are taking blood thinners, medications for diabetes or GLP1 medications for weight loss, you may need to stop them or adjust the dose before your procedure

IMPORTANT INFORMATION for your procedure day

- 1 hour before coming to the hospital, **self-administer the Fleet enemas** (one at a time), following the instructions on the box or package insert
- Arrive **1 hour before** your procedure time
- If you plan to receive sedation/anesthesia for your procedure, your **stomach must be completely empty**
 - *No solid food allowed for at least 8 hours* before your appointment
 - You may drink clear liquids (see list below) *until 2 hours* before your appointment

Location and contact information:

Moakley building 2nd floor (Suite 2200)
830 Harrison Avenue
Boston, MA 02118

for Endoscopy scheduling:
617-414-2600, option 1

for Endoscopy nurse's station:
617-414-2420

GI doctor on nights/weekends:
617-638-7243

Clear Liquids you may drink until 2 hours of your procedure:

Water, soda, sports drinks

Juice with *no pulp*, Jell-O

Black coffee or tea with *no milk or cream*

Clear broth (no fat/oil)