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*Instructions for Hemorrhoid Destruction or flexible Sigmoidoscopy*

**DO NOT** eat or drink anything after midnight before the procedure. **Not Even Water**

**Take** Two Enemas **1 Two Hours Before** and **1 one Hour Before**

**Note:** If you are taking aspirin, Plavix or the anticoagulants Coumadin or Warfarin, discuss with your doctor to find out if there is a need to stop this medication prior to your procedure.

Generally, it's ok to take your normal medications for heart, lung and blood pressure before the procedure with a small sip of water.

- **Do not take** diabetic medications unless directed by doctor before the procedure because you will be Fasting.
- **Do not drive** yourself home after procedure.
- **Do not wear** jewelry that could fall off during the sedation.
- Patients that wear contacts should remove contact before the procedure.
- Try to avoid using lotion on arms as this sometimes interferes with intravenous placement.

**Exam is scheduled for** \_\_\_\_\_ **at** \_\_\_\_\_