

# MaineGeneral Gastroenterology

## Enema Prep for Flexible Sigmoidoscopy

In this procedure, a flexible tube is passed into the rectum. This tube allows the doctor to examine the lower part of the large intestine (colon). By examining the colon, the doctor can tell you if there are any abnormalities. The doctor may also take biopsies. This does not hurt.

During the exam, you may experience some mild cramping. You may experience some mild bloating for 1-2 hours and will need to expel the air that was inserted during the procedure.

- If you have sedation, you must arrange for a ride. The medicine given will relax you and make you sleepy so you will not be able to drive.
- You will need to cleanse your bowel before the exam with two enemas. These over-the-counter enemas can be purchased at your local pharmacy or at most supermarkets.

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Procedure Location:

**MaineGeneral Endoscopy  
Alfond Center for Health, 2nd Floor  
35 Medical Center Parkway  
Augusta, ME 04330**

### Do these things **the day of your procedure**:

- Do not eat breakfast until after the procedure is done.
- You may have clear liquids up to 3 hours before the procedure.
- **If you are a diabetic**, please see reverse side for instructions.
- Take the first enema 3 hours before your scheduled arrival time. Take the second enema 30 minutes after the first, which would be 2-½ hours before your scheduled arrival time.

Your procedure takes 10-15 minutes. You will be at the hospital for 1-½ to 2 hours.

*Guidelines for patients with diabetes on back*

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**If you have problems** with this preparation, call 621-4600 and choose option 2. If you call after hours, you will reach the answering service staff who will page the doctor on call.

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## Guidelines for Patients with Diabetes

### **Drink plenty of clear liquids that contain sugar.**

- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Check your blood sugar the morning of the procedure. If it is low, call Endoscopy at 621-4600. If you call before 7:30 a.m., the answering service will page the doctor on call.

### **If you use long-acting insulin:**

- Take your long-acting insulin as prescribed. These include LANTUS®, Levemir® or your insulin pump.

### **If you use short- or medium-acting insulin:**

- Cut back to half the usual dose the day before your procedure.

### **If you take oral agents (pills):**

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.