

## Gastroenterology Specialties, PC

### **\*\*ANAL-RECTAL ULTRASOUND DIET & PREP INSTRUCTIONS \*\***

**Dr. M. Roth**

Admit time: Please check in 45 minutes before your procedure time.

#### **General instructions:**

1. You will be contacted the week prior to the procedure to review your medical history, unless you have been seen in the office within 30 days.
2. Have a list of your medications available when the nurse calls. Medication instructions will be given to you at that time.
  - **Blood thinning medications such as Warfarin (Coumadin), Plavix, Pletal, Heparin, Aggrenox or Effient MAY need to be held for 5 days prior to the procedure.**
  - Aspirin may or may not need to be held prior to the procedure.
  - Arthritis medications such as Celebrex, Ibuprofen (Advil, Motrin, Nuprin) or Naproxen (Aleve) may or may not need to be held prior to the procedure.
3. Do not stop any medications prior to your procedure unless you have been instructed to do so.
4. You will need to buy two (2) Fleets Enemas. These are available over the counter without a prescription.

#### **THE DAY OF YOUR PROCEDURE:**

1. Do not eat or drink anything after midnight.
2. Use two (2) Fleets Enema rectally one to two (1-2) hours before your check-in time.
3. Take only the medications you have been instructed to take prior to your procedure.
4. If you are diabetic, check your blood sugar before you come and bring the result with you.
5. You **MUST** bring a responsible adult to drive you home after your procedure. No public transportation.
6. Please review your post-procedure instructions before resuming any medications.