



*Stanford University Medical Center  
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## **DOUBLE BALLOON ENTEROSCOPY RECTAL APPROACH (FLEETS PHOSPHO-SODA 1 DAY PREP INSTRUCTION)**

### **IMPORTANT**

Please be certain your referring doctor has obtained insurance authorization and provides our office with a copy. They may fax it to us at (650) 723-8305. Ultimately it is your responsibility to ensure that authorization has been obtained. Have someone drive you or be available to drive you home the day of the procedure. Due to the sedation you will **not** be allowed to drive yourself. Somebody responsible for you can accompany you in a taxi, but no public transport is allowed. This is for your own safety. Your procedure will be canceled if you do not have a ride.

It is recommended that you do not go back to work, do any strenuous exercise, drive or sign any legal documents after the procedure.

Please contact our office immediately if you have any of the following medical conditions and have not already discussed this with us:

- History of liver, kidney (dialysis), heart or lung disease.
- Anticoagulation therapy (Coumadin or Heparin).
- Excessive bleeding during previous surgery or dental extraction.
- Have diabetes.

Notify your doctor or nurse if you are an insulin dependent diabetic or have special health care needs.

Purchase the laxative from any drugstore: Fleet Phospho-soda **3oz**: buy 1-3 oz. bottle or 2-1 ½ oz. bottles. Please note: Fleet makes many different products. Make sure you purchase the phospho-soda laxative and not their enemas or other products.

### **7 DAYS BEFORE DOUBLE BALLOON ENTEROSCOPY**

Stop taking iron, aspirin, aspirin products or Pepto Bismol. Please note that Tylenol (acetaminophen) does not interfere with the procedure. Please consult your physician if you have any questions about your medication, especially if you have been told not to stop taking these drugs suddenly without medical advice.

## **5 DAYS BEFORE DOUBLE BALLOON ENTEROSCOPY**

Stop taking non-steroidal anti-inflammatories (e.g. Motrin, Advil, Feldene, Naprosyn, Nuprin, Celebrex and Vioxx).

## **1 DAY BEFORE DOUBLE BALLOON ENTEROSCOPY**

Consume clear liquids **all day** (see menu sheet). Do not drink milk or red colored liquids (this can interfere with the test). Medicine should be taken on your regular schedule, **except** those mentioned above.

At 7:00 p.m., add 1½ oz. Fleet phospho-soda to 1/2 glass (4oz.) of cool water and drink. Follow with one full glass (8oz.) of clear liquid. Drink at least 3 more full glasses (8oz. each) of clear liquid before retiring; more if desired.

## **DAY OF DOUBLE BALLOON ENTEROSCOPY**

Three hours before the procedure add 1½ oz. Fleet phospho-soda to 1/2 glass (4oz.) of cool water and drink. **NOTHING BY MOUTH 4 HOURS BEFORE PROCEDURE (except the Fleets phospho-soda)**. Medicine should be taken on your regular schedule, **except** those already mentioned, until **4 hours** before the procedure.

Wear loose comfortable clothing. You may keep short sleeve clothing on during the procedure under the gown we provide. The procedure room can be cold so you may wish to bring socks too. Please avoid using fingernail polish.

**Please arrive in registration at:**

**For your colonoscopy appointment at:**

**With Dr.:**

**If you need to change or cancel this appointment please notify us at least one week in advance at the office of Gastroenterology at (650) 736-5555. This will enable us to schedule another patient for that appointment time.**

Your ride can contact the Endoscopy Unit at (650) 725-8117 to find out if you are ready to be picked up on the day of the procedure.