



Enema Instructions for Endoscopic Procedure WITH Sedation

Preparing for a procedure with UVA Endoscopy

Please note that UVA performs endoscopy procedures at two locations. Please confirm your location by referring to your appointment reminder letter. See map for directions and parking information.

- You must have a driver** who is 18 years or older present at check in and discharge **if you plan on having sedation for your procedure**. If you do not have a driver with you at check in, we will need to reschedule your appointment. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
 - The entire appointment may take at least 1 to 3 hours to complete.
- Please leave all jewelry and personal items at home**. If you bring jewelry to your appointment, we may have to ask you to remove it.
- Please do not wear contact lenses**.
- Contact your health care provider for further instructions if you take medications for the following:
 - Diabetes
 - Blood thinners (other than aspirin)
- If you must cancel or reschedule your appointment, please call the UVA Endoscopy scheduling team as soon as possible at: (434) 924-9999

Enema Instructions

7 days before your procedure:

- Contact your health care provider for further instructions if you take medications for the following:
 - Diabetes
 - Blood thinners (other than aspirin)

5 days before your procedure:

- Stop taking medications that contain iron.
- A prescription is not required for enemas. You will need to purchase 2 fleets enemas from your local drugstore. If you need directions on how use an enema call 434-982-0225.

1 day before your procedure:

- Do not eat solid food from now until your procedure is done. Begin a clear liquid diet (see table below).

Drink/Eat	Do not drink
<ul style="list-style-type: none"> • Water (plain, carbonated or flavored) • Fruit juices without pulp, such as apple or white grape juice • Fruit-flavored beverages, such as fruit punch or lemonade • Carbonated drinks, including dark sodas (cola and root beer) • Gelatin (Jell-O) • Tea or coffee without milk or cream • Sports drinks • Clear, fat-free broth (bouillon or consommé) • Honey or sugar • Ice pops without ANY milk, bits of fruit, seeds or nuts 	<ul style="list-style-type: none"> • Anything red or purple. These liquids can look like blood in the colon. • Milk • Artificial creamers • Fruit or vegetable smoothies • Alcohol

On the day of your procedure:

- Nothing by mouth 3 hours before your appointment.
- You will need to use 2 enemas at home 2 hours before you leave to come to your procedure.
- Unless instructed otherwise by your healthcare provider, it is OK to take all other medications as prescribed with water up to 3 hours before your procedure (except for medications with iron and your oral diabetes medications).
- Do not take oral diabetes medications (pills) the day of your procedure
- You **must** bring your CPAP machine with you if you use one at home
- Bring a list of your current medications