

## INSTRUCTIONS FOR FLEXIC/RECTAL EUS

Follow a clear liquid diet beginning at noon the day before the procedure. A **clear liquid diet** includes the following:

Black Coffee and Tea  
Soft Drinks  
Apple Juice  
Hi C juice  
Tang or Kool-Aid  
Water

Popsicles  
Plain Jell-O  
Beef or chicken broth  
Clear Broth  
Hard Candy

**Avoid** all of the following:

Solid foods  
Tomato and orange juices  
Milk and all other dairy products  
Products containing red, blue or purple dyes  
Products containing iron beginning 48 hours before the exam  
Pepto Bismol beginning 48 hours before the exam

If you have any questions about what you should or should not eat please call us.

**\*\* Please let us know if you take aspirin or other blood thinners.\*\*** You may continue to take those medications prescribed for blood pressure or heart conditions with just a little water, but diabetics should avoid taking all insulin regulating medications.

**DO NOT** eat or drink **ANYTHING** starting at midnight the night before the exam until after the exam.

The morning of the procedure you will need to administer two fleet enemas. One-hour prior to procedure administer the first Fleets, evacuate bowels and then immediately follow with second Fleets.

Arrive at \_\_\_\_\_

At \_\_\_\_\_ A.M. / P.M.

On \_\_\_\_\_

Please give us a call if you have any questions # (713) 781-4600