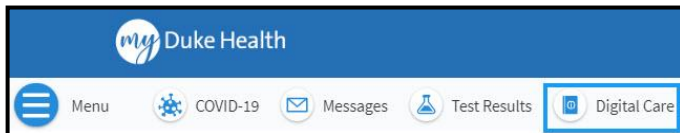


Thank you for choosing Duke Health for your healthcare needs. Your provider has ordered a lower GI procedure with an enema preparation. A link to your procedure information is also available in your My Duke Health account. You must complete a bowel preparation (prep) for your GI procedure. Your prep is an enema prep, which removes the stool from the last part of your colon – the rectum and sigmoid colon. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

Planning for Your Procedure

Two (2) weeks before your procedure

- ☐ If you have a My Duke Health account (Duke MyChart), log into your account to review your procedure prep information. Select Digital Care to review and print the information.
- ☐ To create a My Duke Health account, you can call 1-800-782-6945 or access the website at <https://www.dukehealth.org/duke-mychart>



Care Convoy QR Code

- ☐ Ask a family member or friend to drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- ☐ Review your procedure location (address), date, and arrival time.
- ☐ Plan to be in the GI department for your procedure for about four (4) hours.
- ☐ Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- ☐ Put your procedure instructions in a safe place, like on your refrigerator.
- ☐ If you have diabetes, contact your diabetes provider to ask how to adjust your medicine during your prep.
- ☐ If you take medicine that thins your blood, ask your provider if and how long you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).

Shopping List - Prep Items

You will prep using two enemas. Your prep supplies can be purchased over the counter at your local pharmacy or grocery store. This prep does not require a prescription.

- ☐ Two (2) 7.8-ounce Saline Enemas (Name Brand: Fleets®)
- ☐ Assorted clear liquids to drink the day before and the day of your procedure.
- ☐ Review the clear fluid list below. ****Do not buy Red or Purple fluids.****

TWO (2) WEEKS Before Your Procedure

- ☐ If you have diabetes, contact your diabetes provider to ask how to adjust your medicine during your prep.
- ☐ If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).

SEVEN (7) DAYS Before Your Procedure

- ☐ Stop taking iron pills and or any other supplement with iron.

FIVE (5) DAYS Before Your Procedure

- ☐ Stop eating high-fiber foods like beans, raw fruits or vegetables, nuts, or seeds. Review the low-fiber diet list below.
- ☐ Stop taking Fish Oil supplements.

TWO (2) DAYS Before Your Procedure

- ☐ Stop taking your fiber supplements like Metamucil®, Citrucel®, and Fiberall®.

ONE (1) DAY Before Your Procedure

- ☐ Eat your regular diet today.
- ☐ At midnight (12 a.m.) STOP EATING ALL food. You can drink clear fluids. Review the clear fluid list below.

The Day of Your Procedure

- ☐ **Do not eat any food today.** Drink only clear fluids. Review the clear fluid list below.
- ☐ **STOP drinking all fluid FOUR (4) hours** before your procedure.
- ☐ Follow your provider's instructions and take your medicines with a sip of water.
- ☐ Do not wear perfume, cologne, lotion, or jewelry for your procedure. Leave all valuables at home.
- ☐ Three hours before your procedure, complete your enema prep using two (2) Saline (Fleets®) Enemas
- ☐ Follow the enema packet instructions. Administer the first enema. Insert the pre-lubricated tip into your rectum. Squeeze the contents of the enema into your rectum and hold the fluid for 15 minutes. Sit on the toilet, push out the water, and try to have a bowel movement.
- ☐ Repeat these steps using the second saline enema.



Preparation Information and Frequently Asked Questions (FAQs)

If you have a Pacemaker or Internal Defibrillator, Bring your device information card to your anesthesia and procedure appointment. When you check in for your procedure, give the device card to your nurse.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

How do I know if the enema cleaned out my rectum? If you follow each step in the prep, your rectum will be clean. If you cannot complete an enema prep, call Duke GI and ask to speak to a nurse about another prep.

What are examples of high-fiber foods? High-fiber foods include all fruits, vegetables, nuts, seeds, whole-grain bread, beans, and lentils.

What are examples of low-fiber foods? Review the list of low-fiber foods below.

Can I drink alcohol, wine, or beer before my procedure?

No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol during your prep.

I am a diabetic. Should I change my insulin or medicine during the clear liquid diet? Contact your diabetes provider to ask how to adjust your medicines or insulin for this procedure.

Clear Liquid Examples

All fluid must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream (no red or purple colors)
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink

Low Fiber Food Examples	Start your low-fiber diet FIVE (5) days before your procedure
Milk and Dairy	Milk, cream, cheese, cottage cheese, yogurt, and protein drinks
Bread and Grains	White rice, white bread, and plain crackers (saltines or Ritz) Low-fiber cereals (Rice Krispies, Cream of Wheat, Cornflakes)
Meats and Protein	Chicken, Turkey, Pork, Veal, Fish, Shellfish, Eggs, and Tofu Smooth Peanut Butter or Almond Butter Chicken, beef, or vegetable broth, consommé, and strained soups
Fruits	Fruit juice without pulp Applesauce Cantaloupe and honeydew melon Peeled Apricots and peaches Canned or cooked fruit without seeds or skin
Vegetables Canned or Cooked	Peeled carrots Mushrooms Peeled potatoes
Desserts without fruit	Plain Custard, pudding, ice cream, sherbet, or gelatin

