

Anorectal Manometry Preparation Instructions

****ALL MEDICATIONS ARE OVER THE COUNTER-NO PRESCRIPTION IS NEEDED****

WHAT YOU WILL NEED

- Fleet Enemas

1. THE DAY BEFORE YOUR PROCEDURE

- You may **ONLY** have **CLEAR LIQUIDS**.

- o Acceptable clear liquids include:

- Beef or chicken broth
- Jell-O or popsicles (**NO RED, PURPLE OR ORANGE**)
- Sprite
- 7-UP
- Ginger Ale
- Apple juice
- Water
- Tea or coffee (**PLAIN, NO CREAM OR SUGAR**)

- 2. At **8 PM**- use 1 Fleet Enema

****STOP ALL CLEAR LIQUIDS AFTER MIDNIGHTS****

3. THE MORNING OF YOUR PROCEDURE

- **An hour prior to leaving your house** – use the last Fleet Enemas

4. MEDICATION MODIFICATIONS

- **Stop** Aspirin and Coumadin 5 days prior to the procedure
- **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- **Stop** Plavix 7 days prior to the procedure
- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your appointment time.**

****IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. ****

Your exam is scheduled on _____ at _____ am / pm

At _____. Please arrive no later than _____ am / pm

-Please arrive no later than your arrival time to your appointment time

YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!

*******PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc) *******

Important: It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.