MANHATTAN GASTROENTEROLOGY

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HEMORRHOID TREATMENT INSTRUCTIONS

PLEASE PURCHASE	• **TWO FLEET ENEMAS** at any drug store (over the counter)
7 DAYS BEFORE	• **Stop any GLP-1 medications** (injection or oral) • Cease smoking any marijuana, tobacco, or nicotine products

DIET CHANGES	• **AFTER MIDNIGHT: STOP EATING**
	• **You can consume CLEAR LIQUIDS up until 3 hours before the test**
	  ○ Clear liquids include iced/hot tea, black coffee, clear broth, apple or white grape juice (without pulp), ginger ale, jello, ice pops
	• **3 HOURS BEFORE TEST:**
	  ○ **STOP CLEAR LIQUIDS; No candy or gum chewing either**

MEDICATIONS	• If you are taking **Medicines That Thin Your Blood:** Contact your provider to discuss any adjustments that might be required ○ Medications include but are not limited to Aspirin, Plavix, Coumadin, Lovenox, Eliquis, Xarelto • If you are taking **Aspirin or Blood Pressure Medication**: Do not hold them pre-procedure. Please take them the morning of your procedure with a small sip of water. • If you are taking **Diabetes Medications:** Contact your prescribing doctor to discuss adjustments the day before and the day of your procedure

BOWEL PREPARATION	• **TWO HOURS BEFORE TEST:**
	  ○ **Use the FIRST ENEMA** following package directions
	• **ONE AND A HALF HOURS BEFORE TEST:**
	  ○ **Use the SECOND ENEMA** following package directions

OFFICE ARRIVAL	• Take your regular medications in the morning with sips of water • **Arrive 30 minutes prior to your procedure, no later!** • **If you are a premenopausal female, you will need to submit a urine sample upon office check-in** • Bring a list of current medications, including doses • Bring a Photo ID • Bring Insurance Card • Bring any applicable Referrals • Please do not bring any valuables
ESCORT	• Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure