

# Anorectal Manometry Preparation Instructions

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

## WHAT YOU WILL NEED

- 2 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

**\*\*PLEASE DO NOT STOP TAKING YOUR ASPIRIN\*\***

- Stop 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
- Stop Trulicity, Byetta, Saxenda, Victoza, Ozempic, Wegovy, Rybelsus, and Mounjaro **ONE WEEK PRIOR** to your procedure.
- Stop Canagliflorzin, Dapagliflozin, and Empagliflozin, **THREE DAYS PRIOR** to your procedure.
- 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 arrival time.**

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.