



SAN JOSE GASTROENTEROLOGY

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Instructions for Infrared Coagulation (IRC)

PRE-OP INSTRUCTIONS:

1. One hour prior to the exam, use one bottle of Fleet Enema 4.5 oz according to the instructions on the box. Fleet Enema is available in any drugstore without prescription.
2. You can continue to take any daily medications at home.
3. It is not necessary to fast for this procedure. You can eat a light meal one hour prior to procedure.
4. If you have any questions regarding these instructions, please contact our office.
5. If you need to reschedule or cancel, please notify our office at least 72 hours prior to the date of exam. 408-347-9005

POST-OP INSTRUCTIONS:

1. Rectum may feel irritated and you may feel the need for bowel movement.
2. You may resume diet with no restrictions.
3. You may have bowel movements as needed with no restrictions.
4. When having a bowel movement, avoid pushing or sitting on the toilet too long.
5. Use warm sitz bath if rectum is swollen or painful.
6. Take Tylenol, Motrin or Advil if having pain.
7. Use Mylanta or Milk of Magnesia (MOM) liquid 2-3 tpsps daily to avoid constipation.
8. Contact our office if rectum is very painful, increased swelling or dripping blood.

***** Please note, the safety of our patient is very important to us, if you do not have a person to drive you home on the day of your procedure, we reserve the right to cancel your appointment.**

***** Please do not leave children unattended during your procedure. We are not responsible for anything that might happen to them.**

Thank you for your cooperation.