

BARRIGEL™ RECTAL SPACER

PRE-PROCEDURE PREPARATION

Upon Scheduling Your Procedure:

- > **Ask about your medications.** You may need to stop taking some of your medications prior to your procedure. Check with your doctor on potential medication changes.
- > Be sure to have **healthcare documents and forms** provided by the office completed prior to the procedure.
- > **You may need to arrange for someone to take you home the day of your procedure.** If required, you'll need to designate someone who can help you get home safely and report any concerns to your doctor.

You will need the following supplies:

The Day/Evening Before Your Procedure:

- > **An office staff member will call** to provide you with arrival details prior to your procedure.
- > Follow your doctor's guidelines for **bowel prep**, which may include **administering an enema** the night before the procedure.
- > **Do not eat anything after midnight the night before your procedure.**

The Day of Your Procedure:

- > **If you were instructed to take any type of medication required for the procedure,** take those medications with a small sip of water. Do not drink anything besides water.
- > **It may be recommended to limit liquid intake before arrival.** Ask your doctor for specific instructions around drinking water prior to your procedure.
- > **Continue bowel prep** as instructed by your doctor on the day of your procedure. If you were required to administer an enema, check with your doctor for specific timing.

Instructions:

It is extremely important that your rectum be empty before the procedure. Please follow all of your doctor's pre-preparation instructions.

Things to Remember:

- > Ask your doctor if it's necessary to **remove any jewelry or metal objects prior to your procedure.**
- > **If you wear contact lenses, you may be asked to wear your glasses instead.**
- > **If you wear dentures,** ask your doctor whether you can wear them during your procedure.

Additional Notes/Instructions:

