

Flexible Sigmoidoscopy Prep

Your Procedure:

You are scheduled for a Flexible Sigmoidoscopy. This procedure is an examination of the lower intestine (sigmoid colon) and rectum. This will be done with a flexible scope called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. This procedure is normally done without sedation (speak to your physician if you have questions).

Procedure Date: _____

Arrival Time: _____ **Procedure Time:** _____

1 Week Prior	3 Days Prior	1 Day Prior	Procedure Day
<p>▶ Purchase the following (no prescription needed):</p> <p>____ Two (2) Fleet enemas ____ Dulcolax laxative, ____ tablets ____ Magnesium Citrate, 10 oz bottle Other _____</p> <p>▶ Optional – for sore bottom: -Plain or Aloe Baby Wipes -Desitin or A&D ointment</p> <p>▶ You may <u>continue</u> your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners.</p> <p>▶ Stop taking these medications: _____ _____</p>	<p>▶ Last chance to cancel appointment.</p> <p>▶ Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions. _____</p>	<p>▶ NO solid foods after 10 pm.</p> <p>▶ If your physician has ordered Magnesium Citrate for your procedure, drink the 10-oz bottle at 7 pm the evening prior to your procedure (for morning appointments); or before 7 am (for afternoon appointments).</p> <p>▶ If your physician has ordered Dulcolax, take the prescribed number of tablets in the evening.</p> <p>▶ If you are having sedation, confirm your transportation with a responsible adult driver.</p>	<p>▶ Give yourself two (2) Fleet enemas 1-2 hours prior to coming to the Procedure Center.</p> <p>For patients having sedation for procedure: ▶ Clear liquids only up to 4 hours prior to your procedure. ▶ NOTHING by mouth within 4 hours of scheduled procedure time – including gum, hard candy/mints & NO smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure. ▶ You may take your essential morning medications with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>*LEAVE VALUABLES AT HOME* ▶ Be sure to bring the following: -Responsible adult driver to stay with you and drive you home (if you are having sedation) -Insurance Cards -Driver’s License/Photo ID -Any co-insurance fees due</p>