

**Flexible Sigmoidoscopy Instructions**

Your procedure is scheduled for (day/date): \_\_\_\_\_

Time to arrive: \_\_\_\_\_

Time of procedure: \_\_\_\_\_

Location of Procedure: **3<sup>rd</sup> Floor, Endoscopy**

**IMPORTANT INFORMATION**

***TRANSPORTATION***

***INSURANCE COVERAGE***

**Patients cannot drive for 24 hours after the exam. All patients must be accompanied by a responsible adult who can drive him/her home. The colonoscopy may not begin until the driver is present. Patients may only ride home in a taxi or public transportation if they are accompanied by a responsible adult.**

It is your responsibility to contact your insurance company to determine any out-of-pocket expense that may apply to this procedure.

**Preparation For A Flexible Sigmoidoscopy**

Stop your blood thinner medications on: \_\_\_\_\_  
(This may include Coumadin®, Plavix, Xarelto® and Pradaxa®.)

Per Dr. \_\_\_\_\_

**IF YOU ARE DIABETIC:** Call the doctor who monitors your glucose levels. Your diabetic medicines may need to be adjusted due to the diet restrictions required with the bowel prep for this procedure.

**Pharmacy**

- Purchase two (2) Dulcolax® (available at Pharmacy without a prescription)
- Purchase two (2) Fleet® enemas (available at Pharmacy without a prescription)

**The Day Before Your Procedure**

- You may have a “light” lunch (non-fat containing meal i.e. toast with clear liquids).
- Drink one glass of water every hour until bedtime.
- You may have a “clear liquid” supper (broth, plain Jello, bouillon, coffee or tea without milk or cream, soda, water).
- Take two (2, 5mg tablets) Dulcolax® (purchased from pharmacy) at 8pm.

**The Morning Of The Test**

- “Clear liquid” breakfast (coffee or tea without milk or cream, no –pulp juice, water).
- Two (2) Fleet® enemas, administered rectally (purchased from pharmacy) 1-1/2 hours prior to the test, taken 20 minutes apart.