Flexible Sigmoidoscopy Instructions

Your procedure is scheduled for (day/date): ________________________________

Time to arrive: _______________  Time of procedure: _______________

Location of Procedure: 3rd Floor, Endoscopy

IMPORTANT INFORMATION

TRANSPORTATION

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.

INSURANCE COVERAGE

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.
- “Clear liquid” breakfast (coffee or tea without milk or cream, no –pulp juice, water).

The Morning Of The Test

- Two (2) Fleet® enemas, administered rectally (purchased from pharmacy) 1-1/2 hours prior to the test, taken 20 minutes apart.