

# ADVANCED

## GASTROENTEROLOGY & HEPATOLOGY

### Preparation Instructions for Flexible Sigmoidoscopy

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ \*\*Start time: \_\_\_\_\_

You will need to purchase 3 FLEET ENEMAS (or generic equivalent). You can purchase these over the counter at any pharmacy without a prescription.

#### The day of your Flexible Sigmoidoscopy:

**DO NOT EAT OR DRINK THE MORNING OF YOUR PROCEDURE**

1. Use the **FIRST ENEMA** 3 hours prior to your procedure time.
2. Use the **SECOND ENEMA** 1 hour prior to leaving your home to come to appointment.
3. If your bowel movements are not clear (they contain solid material, or they are not clear enough to see through) before the exam, be sure to inform the nurse upon check-in. You may be asked to use the **THIRD** additional **ENEMA** prior to the exam in the pre-op area. If you request sedation, you must have someone with you to drive you home. This should be arranged the day before the procedure. Call our office if you have any questions or concerns or need to cancel or reschedule. Any cancelation or reschedule **without a 48 hour notice** will be subject to **\$250 fee**.

**\*\*PLEASE KEEP IN MIND START TIME IS SUBJECT TO CHANGE**

**\*PLEASE CHECK YOUR PROCEDURES' LOCATION IN THE EMAIL.**