

Preparation for a Flexible Sigmoidoscopy

Name _____ Sigmoidoscopy _____
Day _____ Date _____

Arrival Time at Endoscopy Center _____ Procedure Time _____

Prior to Preparation:

✓ Medication Adjustments _____

Other medication instructions will be given when we call you 1-3 days prior to the procedure.

✓ You will need to **purchase (2) Fleet Enema bottles**. You will not need a prescription for this.

✓ **Arrange for a driver**. Your driver must stay in the waiting room the entire time; this is a Department of Health guideline. You will not be able to drive until the next morning. (Only exception is if your physician agreed to do procedure without any sedation. In this case you do not need a driver.)

***If you have any questions about your Flexible Sigmoidoscopy you may call (717) 217-4312.

MORNING PROCEDURE?

*** Use 1 Fleet Enema at bedtime and 1 Fleet Enema one hour before your scheduled appointment.

ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT
Take medications as usual (with a sip of water) unless otherwise directed

AFTERNOON PROCEDURE?

*** Use 1 Fleet Enema upon awakening the day of your test. Use 1 Fleet Enema one hour before your scheduled appointment.

*** You may have clear liquids, only, that do not have artificial red or orange coloring in them, cranberry is OK if it is naturally red. "If you can see through it, it is not red, orange, and has nothing solid in it you may have it."

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|--------------------------------|------------------------------|
| ➤ Coffee (no creamer) or Tea | ➤ Fruit juices |
| ➤ Water | ➤ Freeze Pops |
| ➤ Soda | ➤ Jell-O (no fruit in it) |
| ➤ Broth, bouillon, or consommé | ➤ Athletic drinks (Gatorade) |

ABSOLUTELY NOTHING TO EAT OR DRINK FIVE HOURS BEFORE PROCEDURE
Take medications as usual (with a sip of water) unless otherwise directed

Patient's Signature

Witness

Date