

Preparation for Flexible Sigmoidoscopy with Sedation

Name _____

Sigmoidoscopy _____

Arrival Time at Endoscopy Center _____ AM / PM

DAY DATE
Procedure Time _____ AM / PM

PRIOR TO PREPARATION:

- ✓ Medication Adjustments _____
- ✓ Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, Excedrin and/or arthritis medications _____ day(s) before the study as these can thin your blood. You may take Tylenol. Other medication instructions may be given when we call you 1-3 days prior to the procedure.
- ✓ Please notify us of any medication or insurance changes as soon as possible.
- ✓ If you have any questions about your sigmoidoscopy you may call (717) 217-4312
- ✓ **We require a 4 day notice to cancel or reschedule procedures. Failure to give this notice may result in a cancellation fee. Please call 263-0629 as soon as possible to make any scheduling changes.**
- ✓ **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 for 12 hours following your procedure.

WHAT TO PURCHASE: (No Prescription Required): Two (2) Fleet Enemas

DAY OF YOUR PROCEDURE

- **ABSOLUTELY NOTHING SOLID TO EAT AFTER MIDNIGHT**
 - **CLEAR LIQUID DIET ONLY AFTER MIDNIGHT**
Beginning on the morning of _____ your diet will consist of clear liquids only. Red or Orange colored items are not permitted during your preparation. Cranberry juice is OK if it is naturally colored red. Continue your clear liquid diet until 3 hours prior to your arrival time.
- EXAMPLES OF CLEAR LIQUIDS INCLUDE:**
- | | | |
|--------------------------------------|-------------------------------|-----------------|
| ■ Coffee or Tea (no creamer) | ■ Soda (Sprite, Coke, etc...) | ■ Fruit juices |
| ■ Broth, bouillon or consommé | ■ Jell-O (no fruit in it) | ■ Crystal Light |
| ■ Athletic drinks (Gatorade, Propel) | ■ Water | ■ Freeze Pops |
- Make sure to take your medications unless otherwise instructed. If possible take the medications prior to your 3 hour cut off time. If this is not possible take medications with the smallest amount of water needed to get them down. We do not want you to stop any medications we didn't tell you to stop, such as blood pressure and/or heart medications.

MORNING PROCEDURE?

- **USE ONE (1) FLEET ENEMA AT BEDTIME AND ONE (1) FLEET ENEMA ONE HOUR BEFORE YOUR SCHEDULED APPOINTMENT.**

AFTERNOON PROCEDURE?

- **USE ONE (1) FLEET ENEMA UPON AWAKENING THE DAY OF YOUR TEST AND ONE (1) FLEET ENEMA ONE HOUR BEFORE YOUR SCHEDULED APPOINTMENT.**

ABSOLUTELY NOTHING BY MOUTH 3 HOURS BEFORE YOUR ARRIVAL

THIS INCLUDES GUM, CANDIES, AND WATER

PATIENT SIGNATURE

WITNESS

DATE