

SIGMOIDOSCOPY

PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center**
1000A Laurel Street
San Carlos, CA (650) 596-8118

Date and Time of Procedure: _____

Arrival Time: _____

Purpose of Procedure: To evaluate the rectum and sigmoid colon with a flexible scope

Preparation:

Five Days before exam: Stop taking any iron, aspirin, Coumadin, Lovenox, Plavix, or NSAIDs (e.g. ibuprofen, Motrin, Advil, Nuprin, Aleve, Naprosyn, etc.). Tylenol, Celebrex, Vioxx, Bextra, and Mobic are O.K. to take as directed.

One day before exam:

- At 3 p.m. drink 1/2 bottle (5 oz.) of citrate of magnesia.
- Drink only clear liquids after 3 p.m. (black coffee, tea, soda, water, apple juice, cranberry juice, white grape juice, Gatorade, clear broth, popsicles, and jello. No red jello).

Day of exam:

- Take 2 Fleet enemas. Administer the first enema one hour prior to your exam. The second enema should be taken 15 minutes later. Follow the instructions on the enema bottle and retain each enema as long as possible, approximately 5-10 minutes.
- Do not eat or drink anything for six hours before your scheduled procedure, except you may drink a small amount of water with any necessary medications on the day of the exam.

Please note:

- If you are diabetic or take blood thinners check with your doctor about specific instructions.
- Please call the Digestive Care Medical Center at (650) 596-8118 or the Office at (650) 596-8800 for any questions regarding the preparation or the procedure.

- The above procedure may result in a bill from our office, the Digestive Care Medical Center, and from a pathologist. All three of these providers may not be in your insurance company network.