

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center** (650) 596-8800 (scheduling/after hr)
1000A Laurel Street, San Carlos, CA (650) 596-8118 (nursing)

Date and Time of Procedure: _____ **ENTER ON MORSE ST**

Arrival Time: _____

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

Preparation: Please obtain one 10oz bottle of citrate of magnesia and 2 Fleet enemas.

- **5 Days Before:** Stop taking anti-diarrheals, Plavix, warfarin, ibuprofen, naproxen, aspirin.
- **3 Days Before:** Avoid whole grain bread, high fiber cereals, fiber supplements, nuts, seeds, granola.
- **2 Days Before:** Stop Eliquis, Pradaxa, Savaysa, Xarelto if allowed by your prescribing doctor.

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. (Gatorade, clear broth, apple juice, cranberry juice, grape juice, soda, water, popsicles, tea, black coffee, and jello. No red jello. No alcohol. No solid food).

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.
- Nothing to drink for 2 hours prior to the exam. Take your usual morning medications (particularly blood pressure medications other than diuretics) with sips of water.

Please note:

- If you are diabetic hold your oral diabetes medication on the morning of procedure. Check your blood sugar on a.m. of procedure and if >150 then take ½ your regular insulin dose.
- Be prepared to be at the endoscopy center for 60 minutes. Enter via the side entrance on Morse.
- **NOTE:** There is a \$150 charge for procedures cancelled within 5 business days of scheduled date.
- The above procedure may result in bills from our office, the Digestive Care Medical Center, tissue lab, and from pathologist. We will collect up to a \$150 deposit if yearly deductible has not been met.