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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 10 oz bottle of citrate of magnesia and 2 Fleet enemas

- **5 Days Before:** Stop taking any anti-diarrheals (e.g. Imodium), Plavix, warfarin, ibuprofen, naproxen, iron, aspirin in doses > 81mg
- **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
- **1 Day Before:**
 - 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. 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 diabetic medication on the morning of the procedure. Check your blood sugar and if >150 then take ½ your regular insulin dose on AM of procedure.
- Please notify us **at least** one week prior to the exam if you must cancel. **NOTE: There is a \$150 charge for procedures cancelled within 5 business days of scheduled date.**
- The above procedure will result in bills from our office (Digestive Care Associates) and facility (Digestive Care Medical Center) covering costs of the doctor, nursing, medication, and any pathology specimens. We will collect up to \$150 deposit if yearly deductible has not been met.