

Flexible Sigmoidoscopy Instructions:

Day & Date of Procedure: _____

Arrival Time: _____

Citrus Endoscopy Center 6410 W Gulf to Lake Hwy, Crystal River (352) 563-0223

Suncoast Endoscopy 3621 E Forest Dr, Inverness (352) 637-2787

Items for prep:

2 Dulcolax tablets

One Fleets Enema

2 Extra Strength Gas-X tablets

One 64 oz. Gatorade or Powerade. Not red or purple flavors

Hold _____ starting on _____

If you have any questions or need to reschedule please call (352) 563-2450 and ask for Tanya.

One day prior to your procedure:

- **Take half (1/2)** dose of your usual insulin.
- **Clear liquid diet ALL DAY.** HYDRATION IS PART OF YOUR PREP!! Drink lots of fluids.
- When you wake up, drink an 8 oz cup of any clear liquid.
- Continue to drink 8 oz of clear liquids every 90 minutes.
- Its OK to have juices, broth, tea, coffee, Jello, Gatorade
- No RED or PURPLE juice or drinks. NO milk or dairy products!!
- **4 PM** - drink half the Gatorade or 24 oz water
- **8 PM** - take 2 Gas-X tablets and take the 2 Dulcolax tablets.
- **9 PM** - Drink three glasses of Gatorade or 3 glasses of water / juice etc
- **Do not eat or drink anything after Midnight!!.**

On the day of your procedure:

- **6 AM** use the Fleet's Enema. Do not smoke or drink alcohol
- Take your heart, blood pressure, & seizure medications in the morning with a sip of water.
- **Take half (1/2) dose of your usual insulin.** Hold all other medications.
- Bring your I.D. and method of payment. Leave all personal items at home.
- Wear warm socks. We are not responsible for lost items.
- Arrange for a driver to take you home.
- You will be at the Center between 1.5 -2 hours

If you have any questions or need to reschedule please call (352) 563-2450 and ask for Tanya.