

Flexible Sigmoidoscopy Instructions

Date of Procedure: _____ Arrival Time: _____

Citrus Endoscopy Center : 6412 W Gulf to Lake Hwy, Crystal River (352) 563-0223
Suncoast Endoscopy Center: 3621 E Forest Dr, Inverness (352) 637-2787

Items for Prep:

- 1) One Fleet Enema
- 2) 2 Dulcolax Tablets
- 3) 2 Extra Strength Gas-x Tablets

Hold _____ starting on _____

One day before your procedure:

- Take Half (½) dose of your usual insulin
- Clear liquids diet ALL DAY! Hydration is part of your prep.
- When you wake up, drink an 8oz cup of any clear liquids.
- Continue to drink 8 oz of clear liquids every 90 minutes.
- It's OK to have juice, broth, tea, coffee, jell-O, gatorade/Powerade.
- NO RED OR PURPLE JUICE OR DRINK. NO MILK OR DAIRY PRODUCTS!
- **8 PM** take 2 Gas-x tablets and 2 dulcolax tablet
- **9 PM** drink three glasses of gatorade or 3 glasses of water / juice etc.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!!**

The day of you procedure:

- **6 AM** Us the Fleet's Enema. Do not smoke or drink alcohol.
- Take your heart, blood pressure, and seizure medication ONLY with a small sip of water.
- Take half (½) dose of your usual insulin.
- Bring your I.D. and method of payment.
- Leave all personal items at home. Wear warm socks. We are not responsible for lost items.
- Must bring your glasses and hearing aids with you.
- **Arrange for a driver to take you home.**

*Anesthesia is billed separately (billed through your insurance first)

*Pathology charges generated after procedure (billed through your insurance first)

IF YOU HAVE QUESTIONS or need to CANCEL/RESCHEDULE (must be >72 hrs prior to procedure), PLEASE CALL ME (Karissa (352) 563-2450 EXT:125)