

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 Bowel Prep:

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

Hold _____ starting on _____

One day prior to your procedure:

- Take half (½) dose of your usual insulin.
- CLEAR LIQUID DIET ALL DAY. HYDRATION IS YOUR PART OF YOUR PREP! Drink lots of fluids.
- When you wake up, drink an 8 oz 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 , and popsicles.
- **NO RED OR PURPLE. NO MILK OR DAIRY PRODUCTS. NO ALCOHOL.**
- **At 4:00pm** drink half the gatorade or 24 oz of water.
- **At 8:00pm** take 2 Gas-x tablets and take 2 dulcolax tablets.
- **At 9:00pm** 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

- **At 6:00am** use the Fleet Enema. Do not smoke or drink alcohol.
- Take your heart, blood pressure, and seizure medication in the morning with a sip of water.
- Take half (½) 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.**

*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 (Brittany (352) 563-2450 EXT:108)