

## Instructions for Your Flexible Sigmoidoscopy

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 Drive, Inverness (352) 637-2787

If you have questions or need to reschedule call **SHANNON** at (352) 563-2450 Ext 106  
(please be patient, it can take up to 24 hours for a return phone call)

Hold \_\_\_\_\_ Starting on \_\_\_\_\_

You will need: 2 Extra Strength Gas Ex tablets, 3 Packs Miralax and 1 Fleet's Enema

### **One day prior to your procedure:**

- **DO NOT EAT SOLID FOOD: ALL CLEAR LIQUID DIET ONLY** (no alcohol or marijuana)
- It's OK to have apple juice, broth, tea, coffee, jello, soda, Gatorade or Powerade, popsicles
  - We recommend Gatorade, you need your sugars and electrolytes
- **NOTHING RED OR PURPLE**, other colors are ok, **AND NO DAIRY PRODUCTS**
- **HYDRATION IS PART OF YOUR PREP!!! DRINK 8oz OF FLUIDS EVERY 90 MINUTES**
- **At 8:00 PM**
  - Take 2 **EXTRA STRENGTH GAS EX** tablets
  - Drink 3 packets of **MIRALAX** in 10 oz of water
  - Continue to drink liquids
- **Do not drink anything after midnight**

### **The day of your procedure:**

- **AT 6:00 AM** Use one **FLEET'S ENEMA** per package instructions
  - If you take any heart, blood pressure or seizure medications in the morning, take **ONLY** those medications with just a sip of water
  - Take half dose of your usual insulin
  - Bring your ID and method of payment
  - Leave all personal items at home, We are not responsible for lost items
  - Wear warm socks
  - **ARRANGE FOR A DRIVE TO TAKE YOU HOME!**
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- If you have an out of pocket expense our billing department will call you with that amount two days prior to your procedure
  - The company that does our anesthesia bills separately (it still gets ran through your insurance)
  - Pathology charges are generated after your procedure