



## PREPARATION FOR FLEXIBLE FIBEROPTIC SIGMOIDOSCOPY

### SUPPLIES FROM DRUG STORE

Citrate of Magnesia, 10 Ounces  
Fleet Regular Enema (ONE)  
Dulcolax Tablets (Four)

### ABOUT THE PROCEDURE

During a flexible sigmoidoscopy, your doctor will insert a short, lighted fiberoptic tube through the rectum and into the sigmoid colon. The procedure enables the doctor to examine the lining of the lower colon. Flexible sigmoidoscopy lasts about 15 minutes. You may resume your usual activities following the exam.

### ONE WEEK PRIOR TO PROCEDURE

- Your doctor will let you know if you have to hold some medications prior to your procedure. These medications may include: Coumadin, aspirin, Percodan, Alka-Selzer.
- **TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.**

### ONE DAY BEFORE PROCEDURE

**BEGIN A LOW RESIDUE DIET** (broth, juices, Jello, fat free turkey, toast or crackers, canned fruits, coffee or tea, Ensure, Sustacal, Boost.) The day before your exam take 4 Dulcolax tablets at noon followed by a clear liquid diet (clear juices, carbonated beverages, coffee or tea, clear broth or bouillon, plain Jello, hard candies lemon drop type. **NO MILK PRODUCTS.**) for the remainder of the day. Drink ten ounces of Citrate of Magnesium (laxative) at 2 p.m. Continue on liquids until after midnight. **DRINK PLENTY OF WATER.** Give yourself (one) Fleet Regular Enema one hour before leaving home for your procedure.

### DAY OF PROCEDURE.

Do not eat or drink anything that day

- If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few **SMALL** sips of water. You **may** brush your teeth.
- Arrive at the Endoscopy Center **ONE HOUR BEFORE** your procedure is scheduled.

Please arrive at \_\_\_\_\_ AM / PM

- You **must** be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled.



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- Special Instructions:
- Hold morning dose of insulin the day of the procedure.
- If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
- **Bring a list of the medications (including the dosages) and any allergies to medications**

It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

**Good Luck! This is the hardest part of the procedure.**

**REMEMBER: Please call us if you have any questions at 388-8686**