

Gastro Health
Gastroenterology Gastrointestinal Endoscopy Hepatology
(239) 939-9939

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

You have been scheduled to undergo a Flexible Sigmoidoscopy.

Your procedure is scheduled on: _____
Date

The Facility you are to report to: _____

Please arrive for the procedure at: _____

Please follow these instructions carefully:

- o **Since you will not have anesthesia, you may have clear liquids until 2 hours prior to your procedure.**
- o **You WILL HAVE anesthesia, so you may not have anything to drink or eat 6 hours before the procedure. You will also need to have someone to drive you home.**

Two hours before your procedure, at _____, do one Fleets enema. Thirty minutes later, do another Fleets enema. You can drink clear liquids ONLY until 2 hours before your procedure.

If you are a diabetic, or you take blood thinners, heart, or blood pressure medications, please refer to special instructions given to you. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. Bring a complete list of all medications you take along with the dosages, your insurance cards, and your glasses.

Shopping List: 2 Fleet Enemas

Please call our office if you have any questions about the preparation **239-939-9939**