

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

*****PLEASE READ INSTRUCTIONS COMPLETELY PRIOR TO CALLING THE OFFICE*****

Flexible Sigmoidoscopy is a simple test that allows us to examine the inside of the first part of your colon and rectum using a flexible instrument. The procedure typically lasts 15-20 minutes.

If you have any of the following medical conditions, please contact the GI office PRIOR to the procedure:

- Diabetes, are taking Insulin, Plavix, Pradaxa, or taking a blood thinning medication such as Coumadin or have Sleep Apnea or any serious medical problems.

1 WEEK PRIOR TO EXAM:

- **DO NOT TAKE:** iron or vitamin e or any vitamins containing iron or vitamin E

1. PURCHASE FROM THE PHARMACY (*NO PRESCRIPTION REQUIRED*): TWO (2) FLEET ENEMAS

2. DAY BEFORE PROCEDURE

- Eat only foods that require very little chewing such as toast with clear jelly, white chicken meat without the skin, baked potato without the skin, or cooked cereal.
- **DO NOT EAT** salads, raw vegetables, popcorn, peanuts, or anything that requires a lot of chewing.
- **DO NOT** consume milk, milk products or orange juice.

****DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE****

3. DAY OF PROCEDURE

****DO NOT EAT OR DRINK ANYTHING ON THE DAY OF YOUR PROCEDURE****

****You may have a sip of water to take your medications****

- Give yourself the Fleet Enemas. Please follow all of the instructions that are enclosed in the enema box. You should use them one at a time, approximately ½ hour (30 minutes) apart. You should be finished with both enemas about one (1) hour before leaving home.

You may or may not be given some sedation for this procedure; you will be able to drive yourself home. **IF YOU ARE GIVEN SEDATION, YOU MUST MAKE ARRANGEMENTS FOR A RESPONSIBLE PERSON TO TAKE YOU HOME FROM THE PROCEDURE, AND BRING YOU INTO YOUR HOME.** The person who is taking you home must meet you in the GI unit. You may take a cab or public transportation home **ONLY** if you have a responsible adult to ride with you.

To **PRE-REGISTER** please call 617-506-2100 Monday –Friday 8:00 AM - 8:00 PM

To **CANCEL** or **RESCHEDULE** your procedure please call the Scheduling Department at 617-562-0500