

Flexible Sigmoidoscopy

Scheduled for ____/____/____

Time: ____AM/PM

Report to our office at Room 207 half an hour before the procedure: ____AM/PM

On the day before the procedure, you may eat until midnight. After midnight, do not eat or drink anything, including water and medications.

On the day of the procedure: ____/____/____

Nothing to eat or drink, including **gum or candy**.

Use 2 Fleet enemas before arriving at the office. Enemas are available over-the-counter at any pharmacy.

- Administer the first enema one hour before leaving. While lying on your left side, insert the fluid into your rectum and try to retain it for 15 minutes before evacuating.
- Administer the second enema 30 minutes later.

Do not take any medications on the morning of your procedure.

Blood pressure and heart medications may be taken until 7:00 AM on the morning of the procedure, with only three small sips of water. The night before your procedure, you can take all other medications until midnight.

If you are currently taking aspirin, aspirin-containing products, or blood thinners, please refer to the handout provided for specific dosing instructions.

If you are on Coumadin or Warfarin, a bleeding profile (blood test) must be completed the day before or the morning of the procedure.

If you have diabetes and take insulin, please contact your primary care physician for guidance on adjusting your dosage.

Because you will be receiving IV anesthesia during the procedure, you may not drive yourself home. **YOU MUST ARRANGE FOR A RESPONSIBLE ADULT OVER THE AGE OF 18 WHO YOU KNOW TO ACCOMPANY YOU AND DRIVE YOU HOME.** This cannot be a taxi or rideshare.

It is your responsibility to contact our office for any biopsy results. Results are typically available within 3 to 5 days after your procedure. Please call us at 773-631-2728 for any questions.

Please do not wear jewelry or nail polish/acrylic nails for your procedure(s).