



Instructions: Flexible Sigmoidoscopy

Date of Procedure: _____ Time: _____

(IMPORTANT: You must arrive 30 minutes prior to your appointment. **You must arrange for a friend or relative to arrive with you and stay present in the facility until the procedure is over.**)

Phone: (847) 247-0187 Arrive at: _____

Location: **NSG Gurnee Endoscopy**
731 S. IL Route 21, Suite 150
Gurnee, IL 60031

PLEASE – NO EATING OR DRINKING ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE THE EXAM!

This is an examination of the lower portion of your Gastrointestinal (GI) tract. A short, flexible tube (flexible sigmoidoscope) will be inserted into your rectum and passed through the twelve inches of your colon. Additional procedures may be performed such as taking tissues samples (biopsies) and removing polyps. **Your colon must be empty for the physician to perform the examination. Please read the following preparation instructions ahead of time to ensure that you are adequately prepped for this exam.**

One Week Prior to your Flexible Sigmoidoscopy:

- **No Aspirin or Aspirin Products (Anacin, Bufferin, Ecotrin, Nuprin, Excedrin)**
- **No Arthritis or Anti-Inflammatory Medications (Advil, Celebrex, Motrin, Aleve, Ibuprofen)**
- **Tylenol is OKAY to take**
- **NO Iron Pills or Multivitamins with Iron**

Diabetic Patients

If you are taking an oral hypoglycemic (“sugar pill”), **do not take** it the day of your procedure. If you are taking insulin, please take 1/2 of your prescribed a.m. insulin dose, the day before your procedure. Do NOT take insulin the day of. Call your PCP if you have any questions about your medicine during your preparation period.

Cardiac Patients

If you are being treated for hypertension/high blood pressure, continue to take your medication as directed. On the day of the procedure take the medication with ONLY a sip of water.

Please call us at (847) 247-0187 with any questions you may have.

Seizure Medications

If you are being treated a seizure disorder, continue to take your medication as directed. On the day of the procedure take the medication with ONLY a sip of water.

DAY BEFORE THE PROCEDURE:

- **NO EATING OR DRINKING AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE.**

DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY:

- **Your colon must be empty for us to perform the examination. Approximately two hours before your scheduled procedure, please administer two (2) fleet enemas.** These are available over the counter (OTC) at most pharmacies. Administer the first enema rectally, allow for it to work, then repeat. (Each enema will take approximately 20-30 minutes to cause a bowel movement.) Specific directions on how to use the enemas are enclosed in their respective packaging. Please call our office at 847-247-0187, if you have any questions.

PLEASE REMEMBER NO EATING OR DRINKING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE!



Please call us at (847) 247-0187 with any questions you may have.