

Flexible Sigmoidoscopy Instructions

Date of procedure: _____ Arrival Time: _____

Citrus Endoscopy Center: 6412 W Gulf to Lake, Crystal River (352) 563-0223

Suncoast Endoscopy Center: 3621 E Forest Dr, Inverness (352) 637-2787

Items for Bowel Prep:

- 1) One 10oz bottle of Citrate of Magnesia
- 2) One Fleet Enema
- 3) 2 Extra Strength Gas-x tablets

Hold _____ starting on _____

One day before your procedure:

- Take half ($\frac{1}{2}$) dose of your usual insulin.
- Clear liquid diet ALL DAY! Hydration is part of your prep.
- When you wake up, drink an 8oz cup of clear liquids.
- Continue to drink 8oz of clear liquids every 90 minutes.
- It's OK to have juice, broth, tea, coffee, jell-o, gatorade/powerade.
- NO RED OR PURPLE. NO MILK OR DAIRY PRODUCTS. NO ALCOHOL.
- **At 8:00pm** Take 2 Gas-x tablets and drink the 10oz citrate of Magnesium.
- **At 9:00pm** Drink three glasses of Gatorade or 3 glasses of Water/ Juice etc.
- **Do not eat or drink anything after MIDNIGHT!**

On the day of your procedure:

- At 6:00am Use the Fleet Enema. Do not smoke or drink alcohol.
- Take your heart, blood pressure, and seizure medication ONLY with a small sip of water.
- Take half ($\frac{1}{2}$) dose of usual insulin.
- Bring your I.D. and method of payment.
- Leave all personal items at home. Wear warm socks. We are not responsible for lost items.
- **Arrange for a driver to take you home!!**

*Anesthesia is billed separately (billed through your insurance first)

*Pathology charges are generated after procedure (billed through your insurance first)

IF YOU HAVE QUESTIONS or need to CANCEL/RESCHEDULE (must be >72 hrs prior to procedure), PLEASE CALL ME (Elicia (352)563-2450 EXT:110)