

PREPARE for **Flexible Sigmoidoscopy**

** Please be advised that there is a \$100 fee if you fail to attend your procedure. In the event you need to cancel, please call the office AT LEAST 72 hours prior to your appointment date. **

TO ENSURE A SMOOTH PROCEDURE DAY:

- ☐ Arrive THIRTY (30) minutes before your scheduled appointment time
- ☐ Bring your photo ID, insurance card, and form of payment if required by insurance
- ☐ Wear loose, comfortable clothing. Wear flat shoes to avoid tripping or falling.
- ☐ Avoid bringing valuable items [NSGA is not responsible for any lost items]
- ☐ Consult with your gastroenterologist about medications you take
- ☐ Females aged 12-54: prepare to provide urine sample in office for pregnancy test

PICK UP FROM THE PHARMACY:

- ONE (1) bottle of Magnesium Citrate
 - Any CLEAR flavor with NO dye
 - Available over the counter; no prescription needed
- ONE (1) Fleet's enema

SEVEN (7) DAYS BEFORE YOUR PROCEDURE:

DO NOT EAT ANY :
SALADS - NUTS - SEEDS - QUINOA - CORN - RICE
YOU MAY RESUME AFTER YOUR PROCEDURE

ONE (1) DAY BEFORE YOUR PROCEDURE:

- You may eat your normal diet other than outline above until 3:00 pm

- Between 3:00 pm and 4:00 pm, drink the entire bottle of Magnesium Citrate
- For dinner, you MUST remain on a CLEAR LIQUID DIET
 - You may ONLY have the CLEAR LIQUIDS as outlined below:

YES	NO
<ul style="list-style-type: none"> - Water, Sprite, Seltzer, Ginger Ale - Bouillon or clear broth - White grape juice, apple juice - Gatorade [<i>not red or purple</i>] - Plain Jello [<i>not red or purple</i>] - Italian Ice [<i>not red or purple</i>] - Black coffee or tea [no milk or creamer] 	<ul style="list-style-type: none"> - Solid foods - Lemonade - Alcohol - Milk or milk products - Gum

- Before you go to bed, administer the Fleet's Enema
- Save the empty bottle

**** Continue to drink as much clear liquid as possible until bedtime to avoid dehydration!**

THE DAY OF YOUR PROCEDURE:

- For breakfast, you MUST remain on a CLEAR LIQUID DIET
 - You may ONLY have the CLEAR LIQUIDS as outlined below:

YES	NO
<ul style="list-style-type: none"> - Water, Sprite, Seltzer, Ginger Ale - Bouillon or clear broth - White grape juice, apple juice - Gatorade [<i>not red or purple</i>] - Plain Jello [<i>not red or purple</i>] - Italian Ice [<i>not red or purple</i>] - Black coffee or tea [no milk or creamer] 	<ul style="list-style-type: none"> - Solid foods - Lemonade - Alcohol - Milk or milk products - Gum

- Before coming to the office for your procedure, administer two (2) tap water enemas:

- Fill the empty Fleet's Enema bottle with tap water & administer
- Repeat a second time

A NOTE FROM YOUR NORTH SHORE PHYSICIAN:

Do not omit any part of the preparation! A poor preparation may cause a polyp or cancer to go undetected. If this happens, the procedure may need to be repeated, and you'll be required to prep again.

Stay hydrated!

Stay positive!