

PREPARE for **Flexible Sigmoidoscopy**

TO ENSURE A SMOOTH PROCEDURE DAY :

☐ **FOLLOW THESE INSTRUCTIONS CAREFULLY!**

- Disregard instructions included with the prep kit
- Failure to follow may result in a delay or cancellation of your procedure

☐ **STAY HYDRATED!**

- Process causes significant fluid loss & can cause sickness from dehydration
- Drink as much clear liquid as possible during process

☐ **DO NOT OMIT ANY PART OF THE PREP!**

- Poor prep may cause polyp or cancer to go undetected
- If the procedure needs to be repeated, you'll be required to prep again

☐ Arrive 30 minutes before your scheduled appointment time

☐ Bring your photo ID and insurance card(s)

☐ Prepare for payment at check-in if required by your insurance coverage

☐ Wear loose, comfortable clothing and flat shoes

☐ Avoid bringing valuable items *[NSGA is not responsible for any lost items]*

☐ **STAY POSITIVE!**

- Preparation is not the most glamorous process
- Remember that you are taking a proactive step towards prevention or early detection of colorectal cancer

Our team is committed to helping you through this process. You will be contacted multiple times leading up to your appointment. While in the office, you will meet the administrative & clinical team before your procedure.

Please do not hesitate to reach out to the office for questions. You can call us at **516-487-2444** or send your physician a message through the Athena Patient Portal by visiting **athenahealth.com/patient-login**.

A \$100 fee will apply for failure to attend your procedure. If cancellation is necessary, please notify the office at least 72 hours in advance.

7 DAYS BEFORE PROCEDURE :

- ☐ Pick up over the counter from pharmacy
 - ONE (1) Fleet's enema
 - ONE (1) bottle of Magnesium Citrate
 - Any CLEAR flavor with NO dye
- ☐ STOP eating the following foods:

STOP EATING :	
- QUINOA - CORN - RICE	- NUTS – cashews, peanuts, almonds, etc. - SEEDS – from fruits & vegetables
YOU MAY RESUME IMMEDIATELY AFTER YOUR PROCEDURE!	

3 DAYS BEFORE PROCEDURE :

- ☐ Review your insurance coverage to understand your financial responsibility
- ☐ STOP eating the following foods:

STOP EATING :
LEAFY GREENS - kale, lettuce, spinach, etc. <i>in addition to 7-day instructions</i>
YOU MAY RESUME IMMEDIATELY AFTER YOUR PROCEDURE!

1 DAY BEFORE PROCEDURE :

- ☐ Between 3:00pm and 4:00pm, drink 1 bottle of Magnesium Citrate
- ☐ At 4:00pm, START A CLEAR LIQUID DIET
 - After 4:00pm, if it is not in the YES column, you cannot have it!

CLEAR LIQUID DIET :	
YES	NO
- 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>]	- Solid foods - Lemonade - Alcohol - Milk or milk products - Chewing gum, candies, mints

- ☐ Before you go to sleep, administer the Fleet's enema
 - Save the empty bottle for tomorrow morning's prep

Drink additional clear liquids before bedtime, if tolerated, to help prevent dehydration!

THE DAY OF PROCEDURE :

- ☐ Take allowed medications when you wake up
- ☐ Continue clear liquid diet
- ☐ Correct timing is essential for an effective prep:

STOP DRINKING STARTING 4 HOURS BEFORE PROCEDURE

- ☐ 2 hours before appointment time, administer 2 tap water enemas.
 - Fill the empty Fleet's enema bottle with tap water
 - Administer as an enema
 - Repeat a second time
- ☐ Wear loose, comfortable clothing. Wear flat shoes to avoid tripping or falling
- ☐ Arrive 30 minutes before scheduled time
- ☐ Bring photo ID, insurance card(s), and form of payment. Avoid bringing valuables.

YOU CANNOT HAVE ANYTHING BY MOUTH UNTIL AFTER YOUR PROCEDURE