

PROCEDURE: FLEXIBLE SIGMOIDOSCOPY

Patient Name: _____ Procedure Date: _____

Procedure Time: _____ Arrival Time: One Hour Before the procedure time.

Scheduled with: Dr. Rice

PROCEDURE SITE: HUNTSVILLE SURGERY CENTER 721 Madison Street
 CRESTWOOD MEDICAL CENTER 1 Hospital Drive – Outpatient Dept.

ONE WEEK BEFORE YOUR EXAMINATION:

1. Do not take aspirin – containing products such as ***Alka Seltzer, Ascriptin, Empirin, Bufferin***, etc.

Check all labels of your medication to see if they contain aspirin.

2. Do not take nonsteroidal anti-inflammatory drugs such as ***Advil, Medipren, Motrin, Ibuprofen, Feldene, Clinoril, Indocin, Tolectin***, etc.

PURCHASE: Two fleet enemas (the ones in the green and white box) from your grocery store or pharmacy.

PREPARATION INSTRUCTIONS FOR THE DAY OF YOUR EXAM:

1. *The morning of your examination you should have only clear liquids up until your 5 hours prior to your exam. (See items below).*

CLEAR LIQUIDS:

Water, black coffee, tea, clear juice, Gatorade, soda, jello (no red or orange), popsicles, clear broth or bullion.

DO NOT eat any dairy products, thick cream, vegetable or noodle soup.

DO NOT eat solid food until after your procedure. Be certain to drink plenty of fluids during your allowed time.

2. Apply the first Fleet enema in the rectum 2 hours before you leave for your appointment. Apply the second one, 1 hour before you leave for your appointment. For best results, hold each enema for 10 minutes before going to the bathroom.

PLEASE REMEMBER TO:

1. Arrive at the scheduled time.
2. Have available a list of your present medications.
3. All patients on heart medication or blood pressure medications **MUST** take their medicine with a small amount of water the morning of their examination.

4. Do not take medication for diabetes mellitus or any insulin on the day of your procedure until you begin eating again.

Following your exam, you may resume normal activities and diet.