

### **Flexible Sigmoidoscopy Preparation Instructions**

#### **Purchase from the Pharmacy**

**Fleet Saline Enemas (green box) – two boxes, and  
Citrate of Magnesia – one bottle**

#### **Please read all instructions carefully**

**If you need to cancel your appointment, please contact the office at least Five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an afterhours cancellation line.**

In order for this procedure to be performed, **you must have a ride home.**

You cannot be discharged from endoscopy suite unless accompanied by an adult who can either drive you home or accompany you home in a taxi or on public transportation.

**Please follow instructions below to minimize the risk of serious bleeding if a polyp is removed or biopsy taken and to ensure good preparation.**

#### **7 DAYS PRIOR TO PROCEDURE:**

- Stop aspirin, products containing aspirin, (INCLUDING: Aggrenox & Excedrin), Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, paw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc.
- **TYLENOL IS PERMITTED**

#### **5 Days Prior To Procedure:**

- Stop anti-platelet agents (Ticlid, Plavix, Pletal, etc)

#### **4 DAYS PRIOR TO PROCEDURE:**

- Stop Coumadin/Warfarin :

**\*\* If you do take Coumadin/Warfarin, Lovenox, anti-platelet agents (Ticlid or Plavix) you must consult with your cardiologist or primary care physician regarding discontinuing these**

**medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure. \*\***

**IMPORTANT INFORMATION TO KNOW:**

- **IF YOU ARE ON BLOOD PRESSURE/HEART MEDICATION- PLEASE TAKE THIS MEDICATION THE MORNING OF YOUR IN THE MORNING WITH A SIP OF WATER**
- **DIABETICS SHOULD NOT TAKE DIABETES MEDICATION THE MORNING OF THE PROCEDURE**
- **IF YOU ARE A DIABETIC: CHECK WITH YOUR PRIMARY CARE PHYSICIAN OR ENDOCRINOLOGIST ABOUT TAKING YOUR DIABETIC MEDICATION-**

**The Day Prior to the Procedure:**

- You can eat a normal breakfast and a light lunch. Please drink clear liquids for dinner.

**The evening Before the Procedure:**

- Take 8oz. of Citrate of Magnesia. this will produce a bowel movement within two to six hours, or occasionally, the next morning.

**Three to five hours before the procedure:**

- Take the first Fleets enema. Follow the instructions on the enema bottle. Retain the enema for 10-15 minutes, or as long as possible, before evacuating.

**DAY OF THE PROCEDURE:**

**If sedation will be used during your procedure, do not eat or drink anything the day of the procedure unless instructed otherwise.**

**\*\* 30 minutes prior to your procedure if schedule in our office\*\***

**\*\* 1 hour prior to your appointment time if done in White Plains Hospital\*\***

**If sedation will be used during your procedure, you cannot be discharged unless accompanied by an adult who can either drive you home or accompany you home in a taxi or on public transportation.**

Please bring only your insurance card to this appointment.



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Do not bring any valuables to your appointment. Scarsdale medical group is not responsible for any lost or damaged items.