



Gastroenterology Division

Preparing for Your Flexible Sigmoidoscopy

Please Read ALL Instructions Carefully

Please contact your insurance company to check your benefits for, **both**, procedure and anesthesia prior to your appointment.

On the day of your appointment, please bring your current insurance card and copayment.

If you need to cancel your appointment, please contact the office (914-723-8100) 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 after-hours cancellation line.

In order for this procedure to be performed, **you MUST have a ride home**. You cannot be discharged from the endoscopy suite unless accompanied by an adult who can either drive you home, accompany you home in a taxi, or on public transportation.

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

Purchase at the Pharmacy

- Two boxes: Fleet saline enema
- One bottle: Citrate of Magnesia (if prescribed by physician)

7 Days Prior to Procedure

- Stop Aspirin, products containing Aspirin, (INCLUDING: Aggrenox & Excedrin), Alka-Seltzer, iron supplements, vitamin supplements containing vitamins E & C, garlic, ginseng, ginkgo biloba, ginger, saw palmetto, Pepto-Bismol, multi-vitamins, fish oils, or ANY other herbal supplements.
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc.
- Tylenol is permitted



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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.****

This prep cannot be used in patients with stage 2 – 4 renal disease. If you have a kidney disease, please let us know.

1 Day Prior to Your Procedure

- Eat a normal breakfast and a light lunch. Drink clear liquids for dinner.

The Evening Prior to Your Procedure

- Take 8 ounces of Citrate of Magnesia (if prescribed by a physician). This will produce a bowel movement within two to six hours or occasionally, the next morning.

Three to Five Hours Prior to Your 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.
- One hour prior leaving for procedure, take the 2nd Fleet enema.

Important Information:

- If you are on blood pressure/heart medications, please TAKE this medication the morning of your procedure with only a sip of water.
- Diabetics should NOT take diabetes medication the morning of the procedure.



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- If you are a diabetic, check with your primary care physician or Endocrinologist about taking your diabetic medication.

The Day of Your Procedure

- If sedation will be used during your procedure, do not eat or drink anything unless otherwise instructed.
- Please arrive 30 minutes prior to your appointment if scheduled at Scarsdale Medical Group (600 Mamaroneck Avenue, Suite 301). If your appointment is scheduled at White Plains Hospital, please arrive one hour prior to your appointment.
- Remember that an adult must drive you home or accompany you home in a cab after recovery from your procedure.
- Leave credit cards, jewelry and other valuables at home. Scarsdale Medical Group is not responsible for any lost or damaged items.