

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Flexible Sigmoidoscopy is an examination of the interior of the large intestine. A flexible instrument is inserted into the rectum and advanced so that the physician can visually inspect the intestine and last part of the colon. In order for this test to be accurate, the colon must be cleansed with the following instructions.

***Purchase Two (2) Fleet brand enemas at any pharmacy or drug store.**

THE WEEK BEFORE YOUR FLEXIBLE SIGMOIDOSCOPY

Stop taking all Aspirin or aspirin containing products, Iron or Multi-vitamins containing iron. Also stop taking any high residue products like Metamucil and Konsyl. If you are on any BLOOD THINNERS, tell your doctor because you will be asked to STOP taking this medication 4 or 5 days before your procedure. Avoid anti-inflammatory medications such as Naprosyn, Motrin, Feldene, Voltaren, Relafen, Advil or Vioxx.

THE DAY OF YOUR FLEXIBLE SIGMOIDOSCOPY

**Do NOT eat or drink anything for six (6) hours prior to your procedure.
Administer the 1st (first) Fleet enema 90 minutes before leaving for your procedure.
Administer the 2nd (second) Fleet enema 30 minutes before leaving for your procedure.**

DATE: _____

*TENTATIVE ARRIVAL TIME: _____ TENTATIVE PROCEDURE TIME: _____

**TIME IS SUBJECT TO CHANGE. FACILITY WILL CONFIRM TIME THE DAY BEFORE YOUR PROCEDURE.*

LOCATION: Coastal Surgical Institute French Hospital

You MUST have someone to drive you home after the procedure is over. We also ask that you do not drive a car, or operate machinery until the morning after the procedure.

PLEASE GIVE 48 HOURS NOTICE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR APPOINTMENT. YOU MAY ALSO BE CHARGED FOR ADDITIONAL FACILITY CHARGES.

Replenish your system by drinking clear liquids after returning home from your colonoscopy.