



INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Patient Name \_\_\_\_\_
Physician Name \_\_\_\_\_ Phone: 910-763-1219
Date of Upper Endoscopy \_\_\_/\_\_\_/\_\_\_ Please arrive at \_\_\_\_\_ Location \_\_\_\_\_

Do you have Advanced Directives? \_\_\_\_\_ Yes \_\_\_\_\_ No

If Yes, please bring documents with you when you arrive for your procedure.

FOLLOW THIS SCHEDULE:

Patients on Coumadin, Warfarin, Plavix, Effient, Pradaxa, and/or Ticlid must discuss dosing with your prescribing physician.

Stop Iron 7 days prior to procedure.

Purchase from your pharmacist two Fleet Enemas, and one bottle of Magnesium Citrate (10oz).

DAY BEFORE EXAM:

Full Liquid Diet. Includes: Milkshakes, ice cream (chocolate or vanilla), plain yogurt, clear soups or broth, carbonated beverages, tea, coffee, hard candy, lemonade, Gatorade, jello (no purple or red Gatorade or jello).

Drink the Magnesium Citrate (10oz) at 4:00pm. Once you begin your prep solution, you may have only clear liquids.

DAY OF PROCEDURE:

Do two fleet enemas at least 2 hours prior to leaving home

The morning of the test please take blood pressure or heart medication with a sip of water.

You may have clear liquids, including coffee (no milk/ cream), the morning of the test.

The Endoscopy Center opens at 7:00 a.m.

\*\*\*\*\*Notice\*\*\*\*\*

If you plan to undergo your procedure with IV sedation, you must make arrangements for someone to come with you, WAIT for you, and drive you home. You will not be allowed to drive a car for the rest of the day. You will not be allowed to leave by any type of public transportation.

We recommend a responsible adult remain with you 24 hours after your procedure.

Please leave ALL valuables at home. Hanover Gastroenterology will NOT be held responsible for lost or stolen items.

If, for any reason, you cannot keep your appointment, please give 48 hours notice, otherwise you will be charged.

Table with 2 columns: Contact information for Endoscopy Center and instructions to contact doctor's nurse.