

Instructions (B) Flexible Sigmoidoscopy

ANY QUESTIONS CALL Fairfield 203-292-0000
Bridgeport 203-333-3328

Report to () St. Vincent's Medical Center () The Endoscopy Center of Fairfield
2800 Main St., Bridgeport, CT 425 Post Rd, Fairfield, CT

Date _____ Arrive at _____ Procedure Time _____ Doctor _____


FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

Purchase 1 Fleet Enema and 1 ten ounce bottle of Magnesium Citrate at the pharmacy.

ONE DAY BEFORE THE PROCEDURE:

1. Between 5-6 PM Have a **LIGHT DINNER** of soft foods. Eggs, pasta (no red sauce), broiled chicken, fish, mashed potatoes would be fine. **(NO MILK, CREAM, RAW FRUITS & VEGETABLES)**. You can have a regular breakfast and lunch.
2. Drink one 10 ounce bottle of **Magnesium Citrate** in the evening.
3. **Nothing to eat after midnight.**

ON THE DAY OF THE PROCEDURE:

1. Clear liquids only. **NO FOOD**
2. Take your morning medications.
3. **3 Hours before** ---  Drinking. **(Nothing by mouth not even water).**
4. **1 ½ Hours Before** your arrival time – Take one **Fleet Enema**.



EXAMPLES OF CLEAR LIQUIDS

PowerAde, Gatorade, bouillon cubes, broth, consommé, apple juice, white grape juice, white cranberry juice, strained lemonade, crystal light, water, Italian ice, sorbet, popsicles, or jello. You may have 1 cup of black tea or black coffee per day.

DON'T HAVE



- **ANYTHING RED OR PURPLE**
- **MILK or CREAM**

YOU WILL ONLY NEED A RESPONSIBLE  RIDE HOME IF YOU ARE SEDATED AT THE PROCEDURE. **Expect to be here for 90 minutes to 2 hours.**