

Flexible Sigmoidoscopy Preparation Instructions

Your procedure is scheduled on / / at : AM/PM

(Procedure times are subject to change. Please expect a phone call from the hospital the day prior to your scheduled procedure date with final time of arrival.)

Proper bowel cleansing is necessary for an effective sigmoidoscopy. Stool (feces) that is not cleared out of the colon can cover up and obscure polyps, masses, and other abnormalities in the colon. This can result in the need to repeat sigmoidoscopy.

Please follow these instructions carefully!!!

THE DAY BEFORE YOUR PROCEDURE:

- You may have a light breakfast. You should not eat any solid food after 12 noon.
- After 12 noon you should drink only clear liquids (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O) for the rest of the day. **Avoid red, blue, orange, or purple colored liquids.**
- NO smoking the day before your sigmoidoscopy.
- NO smoking the day before your sigmoidoscopy.
- You may take your prescription medications the day before your procedure (except for those medications listed above and any other medications your physician has instructed you to stop)
- Purchase Fleets enemas from your local pharmacy or grocery store. You will need to take this tomorrow morning.
- Do not eat anything after midnight.

THE DAY OF YOUR PROCEDURE:

- Follow the instructions and administer both enemas the morning of your procedure, one hour apart, starting 2 to 3 hours before your procedure.
- Do not have anything to eat or drink for at least 4 hours before your procedure,
- Please arrive at the hospital front desk 60 minutes prior to your scheduled procedure time for registration. Plan to be at the hospital for 2 to 4 hours.

What to bring the day of the procedure:

- Insurance card
- Photo ID
- Complete list of medications

- Name and address of all physicians you want to receive a copy of your procedure report.
- Wear loose comfortable fitting clothes that are easy to take on and off. Do not wear jewelry or bring any valuable belongings.
- Please have a responsible driver. This driver must be a family member or friend. No Taxi, Uber, Lyft or Public Transportation is allowed. Due to sedation being given for the procedure, you will not be able to drive, operate heavy machinery, do any heavy lifting, make any important decisions, sign any legal documents, or return to work for the rest of the day. You may resume all normal activities the day after your procedure, unless otherwise instructed by your physician.

AFTER THE PROCEDURE:

- You may resume a regular diet, unless otherwise instructed by your physician.
- Your physician will discuss the results of your procedure with you in the recovery area once you are fully awake.

SPECIAL CONDITIONS:

- Diabetes: check with your physician regarding which medications you may take the day before and the morning of your procedure. In general, it is advised to stop any oral diabetes medications and insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Your blood sugar will be checked the day of the procedure.
- Blood Thinners: Ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin or any other blood thinners before and after the procedure.

If you have any questions, please call the office at: 630-312-2590

For questions you may have after hours please call the same number and select the option to page the physician on-call. A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have.