INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY WITH ANESTHESIA

A clean and empty colon is the most important part of a successful sigmoidoscopy. If your colon is not empty, polyps and lesions can be missed, the procedure may take longer (increasing the risk of complications) or the whole process may need to be repeated or rescheduled. Follow the steps below for a successful flexible sigmoidoscopy.

- Arrange for time off from work, if applicable. You will be able to work the day before until about 6pm but will not be able to work the day of the procedure.
- Arrange to have a ride home from the procedure. You are required to be taken home by someone who is at least 18yo. If you take a taxi or any transportation service, you **MUST** be accompanied by a friend or relative who will take responsibility for your safe trip home as you will be sedated and considered under the influence. **If you do not have a ride and _someone to accompany you_, the procedure will be cancelled.**
- Purchase 1 bottle of Citrate of Magnesia, 1 Fleet's enema and Dulcolax (bisacodyl) tablets (5mg) at your pharmacy
- The night before your procedure, take the bottle of Citrate of Magnesia immediately after a light dinner. One and two hours later, drink a 16oz. glass of water
- Take 2 Dulcolax tablets with water at bedtime
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**
- If you have diabetes, take ½ of your usual evening insulin dose or all of your usual nightly oral diabetic medication. DO NOT take your morning insulin or oral diabetic medication
- Take all of your usual morning medications unless instructed otherwise if you do not have diabetes
- One to two hours before your procedure, administer the Fleet's enema. If the stool water does not appear clear, refill the enema bottle with tap water and repeat until clear
- Please arrive 30-45min before your scheduled procedure

For questions call: 215 742-9900

THERE WILL BE A $100 CHARGE, NOT PAYABLE BY INSURANCE, FOR CANCELLING WITHIN 48 HRS OF YOUR SCHEDULED DATE WITHOUT CAUSE OR FOR NOT SHOWING UP FOR THE PROCEDURE.