

## **INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY WITHOUT 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.

- 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
- 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
- You may eat a light breakfast
- Drink as much fluid as you wish
- Take all of your usual morning medications unless instructed otherwise
- Please arrive 30-45min before your scheduled procedure

For questions, call 215 742-9900

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**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.**