

PREPARATION FOR SIGMOIDOSCOPY

Your Sigmoidoscopy is scheduled for: _____ @ _____ with Provider. _____

Please report to: 270 International Circle, Building 2 North 2nd Floor Reception area

5 DAYS BEFORE THE EXAMINATION

1. **No Aspirin, Ibuprofen Motrin, or Anti-Inflammatory medications for 5 days prior to the exam.** (Check with a Health Care Provider if you have questions).
2. **If you take Aggrenox, Plavix, Coumadin (Warfarin) please let the care provider know at the time of the exam**
3. Tylenol, Acetaminophen is permitted.
4. **Stop** all iron tablets **3 day** prior to the exam.

THE DAY BEFORE THE EXAMINATION

1. Have only **Clear Liquids** such as Water, Clear Fruit Juices, Boullion, Jello, Tea, 7-up
2. **No** Solid foods or Milk Products
3. **No** Red, Purple, Coffee or Cola colored liquids
4. Obtain Colyte from the pharmacy (**You will need a prescription from your M.D.**)
5. 4:00 pm today begin drinking 8oz of Colyte every 10 minutes, **drink all of it! (NO EXCEPTIONS)**
6. **If you take Insulin**, take ½ of your usual dose(s)

THE DAY OF THE EXAMINATION

1. **Stop** taking anything by mouth **4 hours before the exam except for your medications**, you can take medications with small sips of water only.
2. Take your medications as you usually do **unless** directed by your physician.
3. **Diabetic patients**, if you use insulin take ½ of your usual dose in the morning or check with your primary care physician.
4. Arrive **promptly** to your scheduled time.

FOLLOWING THE EXAMINATION

1. You can return to normal activity following the Sigmoidoscopy
2. You will be able to eat normally **unless** instructed otherwise

To cancel or reschedule your appointment please call 408-972-6539 72 hours prior to exam
For Questions regarding your exam, please call 408-972-6539 (Do not call the advice nurse)

ITEMS CONSIDERED AS CLEAR LIQUIDS

- Jello:** Lime, Lemon and Orange flavored
- Soda:** 7-up, Sprite, Ginger-Ale and Gatorade
- Popsicles:** Orange and Green colors
- Boullion/Broths:** Chicken, Beef or Vegetable flavored
- Juices:** White Cranberry, White Grape or Apple Juice
- Tea:** With Sugar Only (No Milk, Cream or Non-Diary Products)

The key to a good preparation is to drink plenty of fluids. When laxatives are taken with adequate amount of fluid, this will clean the colon and will prevent you from having to reschedule the procedure due to poor preparation.

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