



FLEXIBLE SIGMOIDOSCOPY PREPARATION

(WITH SEDIATION)

Your procedure is scheduled with Dr. _____
on:

Day _____ Date _____ Check in:
_____AM/PM

Procedure Time: _____AM/

PM

At the following location:

**Digestive Health Center, 5250 Kietzke Lane, Reno NV, 89511 (775)
829-8855**

Supplies needed: 1 bottle of Magnesium Citrate, and 1 Fleets enema. These are available over the counter. Please ask in the pharmacy department if you cannot find them.

DAY BEFORE EXAM:

Breakfast - Anything you like.

Lunch - Eat only the following: Broth with crackers, one chicken or turkey white meat sandwich on white bread (no butter, mayonnaise, lettuce or other additive). Drink only clear liquids which include: Soft drinks (no red or purple), Gatorade (no red or purple), Water, Popsicles (no red or purple), clear fruit juices (pulp-free, no red or purple), bouillon, Jell-O (no red or purple), Black coffee or tea (1-2 cups, no creamer, sugar ok)

Dinner -- (5:00 PM) Clear liquids only.

6:30 PM: Drink 1 bottle of Magnesium Citrate

Follow with clear liquids of your choice

DAY OF EXAM:

Two hours before exam, use one Fleets enema (follow directions on the package)

Please arrange for transportation home - your procedure will not be performed if you do not have a driver/adult accompanying you from the Endoscopy Center. You cannot walk, take a taxi, or bus home by yourself. Due to the nature of the sedation, you cannot drive, operate mechanical equipment or drink alcohol the day of your procedure. Procedures

scheduled after 2:00 pm, drivers are requested to stay at the center to expedite patient discharge home. Please bring insurance card, picture ID and required payment for your co-pay/deductible.

DO NOT EAT ANYTHING. DO NOT DRINK OR USE ANY SALIVA PRODUCING PRODUCTS INCLUDING: WATER, HARD CANDY, GUM, OR CHEWING TOBACCO DURING THE TWO (2) HOURS PRIOR TO PROCEDURE. YOUR PROCEDURE MAY BE DELAYED OR CANCELLED IF LIQUIDS ARE CONSUMED DURING THIS TIME PERIOD. SEE MEDICATION FAQ'S ABOUT WHAT MEDICATIONS TO TAKE IN THE MORNING AND AT WHAT TIME. IF ORAL ANTIBIOTICS ARE PRESCRIBED BY YOUR PHYSICIAN, THE PILLS MUST BE TAKEN THREE HOURS PRIOR TO PROCEDURE TIME WITH SIPS OF WATER.