

Flexible Sigmoidoscopy

Procedure Date _____ Arrival Time _____

Rectal Ultrasound

GENERAL INSTRUCTIONS:

- Bring a photo ID and your insurance card.
- For your safety, your anesthesiologist prefers that you do not smoke or drink alcohol 48 hours prior to surgery.
- You must have someone with you who will remain in waiting area during your procedure and to drive you home. We will cancel your procedure if a driver does not come with you. After your procedure, you will not be allowed to drive a vehicle, operate machinery, make legal decisions or drink alcohol for 24 hours.
- Bring in advance directive/living will if available.
- Do not wear make-up, nail polish or jewelry on the day of surgery and give all belongings such as glasses, contacts, dentures, clothes, etc. to family prior to procedure.
- Tell your doctor if you have a cold, sore throat, cough or fever before your procedure.
- On the day of procedure, please check in at the: _____

MEDICATION INSTRUCTIONS:

- You may have clear liquids (water, clear tea, black coffee, apple juice or Gatorade®) up to 2 hours before arrival time to the hospital. *Exception: If you have severe gastrointestinal reflux, chronic aspiration or delayed gastric emptying, you should avoid any food or drink after midnight.*
- **Please note: Milk, creamer and citrus juices are NOT considered clear liquids.**
- No gum or candy the morning of your procedure.
- Do not take any iron supplements for 7 days.
- **Unless given specific medication instructions at a presurgical appointment, please follow these medication instructions:**
 - Do not take diabetic pills the evening prior or morning of your procedure
 - Cut insulin dose in half the evening prior to procedure and hold morning insulin dose the day of procedure
 - Take heart, blood pressure, pain meds, seizure and Parkinson’s medications with a sip of water 2 hours prior to arrival time
 - If you are taking aspirin, NSAIDS or are on blood thinners, please contact the physician that prescribed the medication for further instructions

PRE-PROCEDURE INSTRUCTIONS:

- The day before your procedure drink CLEAR LIQUIDS only or procedure will be canceled. No solid food at all.
- At 12:00 p.m. day prior: 1 bottle magnesium citrate.
- At 6:00 p.m. day prior: 1 bottle magnesium citrate.
- Use 1 Fleets® enema (available at any drug store) before coming to your procedure, results are immediate.

PLEASE CALL 352.265.3636 (ENDO) FOR THE FOLLOWING:

- To cancel or reschedule your procedure
- Pre-procedure prep or medication questions



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Patient Name:

Patient Identification #: