

Flexible Sigmoid Prep

Mid-Atlantic Endoscopy Center

Mid-Atlantic Endoscopy Center
4923 Ogletown-Stanton Road, Suite 100
Newark, DE 19713

HELPFUL TIPS:

- Use baby wipes instead of toilet paper.
- Have some Vaseline or Desiin handy in case of a sore bottom!
- Abdominal bloating, cramping and or nausea may occur. This is usually temporary, and as you start to move your bowels the symptoms should resolve.

REMEMBER

- **YOU MUST HAVE A RIDE AFER THE PROCEDURE!** A responsible adult must accompany you the day of your procedure. Going in a taxi or bus by yourself will not be allowed
- **NOTHING BY MOUTH WITHIN 4 HOURS OF YOUR EXAM TIME.** This includes any clear liquids, gum or candy otherwise your procedure may be delayed or cancelled.

Flexible Sigmoidoscopy Instructions

1. Purchase the following prep items: Dulcolax laxative pills (smallest amount) and two fleet enemas.
Take three Dulcolax pills, all at the same time, between 7:00 pm and 10:00 pm the night before your test. Use the first Fleet Enema two hours before you arrive at the location of your procedure. Use the second Fleet Enema one hour prior to your arrival time.
2. If you are NOT having intravenous sedation for your procedure, there are no restrictions on your diet at any time.
3. If you ARE having intravenous sedation for your procedure, follow the dietary restrictions below:
 - 0-6 hours before arrival -NO food, drink, candy, gum or mints. If you must take medication, swallow only a sip of water with it.
 - 6-8 hours before arrival -NO solid food, milk products or juice with pulp. You MAY HAVE any type of soda, water, powdered drink mix, black coffee or tea with or without sweetener, sports drinks, ice pops or other clear liquids and you may have medication. You don't have to avoid red fluids
 - 8 or more hours before arrival -NO restrictions on what you eat or drink or on what medication you take except for potent blood thinners as listed below (#4)
4. Note that you **DO NOT NEED TO STOP** aspirin, motril, advil or other anti-inflammatory medications for your procedure. If, however you are on very strong blood thinning medication such as Coumadin, Plavix, Xarelto or others, your prescribing doctor (not GI doctor) must decide whether it is safe for you to temporarily stop your blood thinner prior to the procedure. If your prescribing doctor does not allow you to temporarily stop your blood thinner, please notify MAGIC'S scheduling department at 302-225-2380 option 6.
5. **YOUR DRIVER MUST BE PRESENT IF YOU ARE RECEIVING SEDATION!**
6. If you cancel or reschedule your procedure within 4 business days of your scheduled time, you will be charged \$25.00. Your doctors and nurses have reserved your procedure time specifically for you.