



PREPARATIONS FOR AN FLEXIBLE SIGMOIDOSCOPY

Patient name: _____

Location: The Endoscopy Center, Suite 810 Alexandria INOVA Hospital

Step 1: Please read the following information regarding medications:

- If applicable, take all blood pressure and heart medications on the morning of your procedure with very small sips of water.
- If you are taking aspirin, blood thinners, or iron supplements, i.e. PLAVIX, COUMADIN, please STOP taking these medications THREE days before your procedure. Please ensure that you have discussed this with your physician.
- If you have diabetes, DO NOT take your diabetic medication (pills or insulin) until after your procedure.
- Please bring these medications with you to take after your procedure. Please consult with your doctor if you have any concerns regarding your medications.

Step 2: Please purchase two (2) Dulcolax tablets and two (2) Fleets enemas- over the counter at any pharmacy/grocery. Try to obtain these items a couple days ahead of time.

Step 3: The day before the procedure _____

Important! For the entire day before your exam, you can not eat anything solid. AVOID bread, rice, and any other solids. You can only have creamy milk products like milk, yogurt, pudding, ice cream, or milkshakes. You can also have eggs, Jell-O, hard candy, popsicles, and also clear liquids. Clear liquids include: water, coffee, tea, milk, soda, chicken or beef broth. You must have these items before 5:00 pm because after that, you will be taking the preparation and clear liquids only. After 5:00 p.m. drink only clear liquids.

Step 4: At 5:00 p.m., take two (2) Dulcolax tablets with water. Drink plenty of clear liquids, at least two or three 8 oz. glasses every thirty minutes or so. DO NOT chew or crush tablets. Do not take Dulcolax tablets within one hours of taking an antacid.

DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, AFTER MIDNIGHT.

Step 5: The day of the procedure _____

DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, THE DAY OF YOUR PROCEDURE. At 6:30 a.m., administer yourself one (1) Fleets enema. Administer the second enema, 1/2 hour after the first one.

PLEASE CHECK IN AT _____ A.M. / P.M.

THE PROCEDURE WILL BEGIN AT _____ A.M. / P.M.

If you have any questions after or before work hours, please call 703-823-0333 and the on-call physician will be paged.

Please note for The Endoscopy Center parking:

If your procedure is before 8:00 am, please park your vehicle in the patient parking garage. This is the only elevator entrance in the early morning. The elevators are operational after 6:45 am and can be accessed from Level A. If the elevators will not go to the 8th floor, follow the instructions in the elevator that explain how to get in touch with the service that will allow access to the 8th floor.

Please note for HOSPITAL procedure parking:

Please park in the pay parking lot. You will need to check into the visitor entrance and enter through the left door for the Endoscopy Suite. If your procedure check-in time is at 7:00 am, please do not arrive any earlier – the Endoscopy Suite does not open until 7:00am.