



Endoscopy Center of North Baltimore

Date and Time of Procedure: _____

Arrival Time: _____ **Location of Procedure:** _____

FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

- **The evening before the procedure** you are to have a clear liquid supper.

Examples of clear liquids: Water Jell-O Coffee

Soda Gatorade Tea

Popsicles Kool-aid Clear broth or bullion

- Do not eat or drink after midnight the night before your exam.
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- **At 6 PM that evening**, take one bottle of Citrate of Magnesia. Do not take solid food after this has been completed.
- **The morning of the test** you are to use two Fleet Enemas, one and a half hours prior to the test. When administering the enemas, lie on your left side and hold it as long as possible.
- **Stop taking iron, vitamin E, aspirin (Excedrin), ibuprofen (Motrin, Advil), Aleve, Naprosyn, Mobic or blood thinners (Coumadin, Plavix, Tegrid or Pletal) for 7 days before your exam or as directed by your physician.**



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Tylenol is an acceptable substitute unless instructed otherwise.

You may continue to take Celebrex as prescribed.

- **If you have any heart valve replacements, cardiac stents, arterial grafts, pacemaker or defibrillator, atrial fibrillation, dialysis, joint replacements, sleep apnea, home oxygen, etc., please notify your primary physician and GI doctor before your upper endoscopy or before discontinuing blood thinners for your procedure.**
- You may take your heart, blood pressure, seizure or steroidal routine medications with a small sip of water on the day of your exam. Hold all other medications.
- Do not take insulin or anti-diabetic medicines the evening before or the morning of your exam. Resume your medication dosage after your exam.