
Flexible Sigmoidoscopy Prep Instructions

Please note:

- Due to sedation, patients are not allowed to leave on their own. A responsible adult must drive you home from the procedure. You are not allowed to drive, take a taxi or a car service.
- Nothing by mouth **3 hours** prior to your procedure.
- A COVID-19 test is required if not fully vaccinated, within 4 days of the procedure.
- You may have deductibles and/or co-pays due. Please call your insurance company to verify your benefits prior to the procedure.
- The average visit is about 2-3 hours.
- Arriving late or without a driver may require cancelling and rescheduling your procedure.
- Wear comfortable clothing and shoes that are easily removed.
- Please do not bring any valuable items with you on the day of your procedure.
- If you need to reschedule your procedure date, please call our main office (310) 829-6789.
- If you cancel your appointment without a 48 hour notice you will be charged a \$300.00 nonrefundable cancellation fee for a single procedure and \$400 for a double procedure.

Your Appointment:

Name _____

Date _____ Time _____

Arrival Time _____

Procedure Scheduled: Flex Sig

Location:

Endoscopy Center of Southern California
Parkside West Building
2336 Santa Monica Blvd. Suite 204
Santa Monica, CA 90404
(310) 453-4477

Preparing for your procedure


You will need to purchase:


- One - 10oz bottle of Magnesium Citrate (any clear flavor)
- Two – Regular disposable fleet enemas

Medications:

Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy such as blood thinners (Plavix, Coumadin, Xarelto etc.) and diabetes medications. Please make sure to discuss with your prescribing physician or the specialist performing the procedure prior to your procedure date.

The day before your procedure

You will need to be on a clear liquid diet starting at 5pm the day prior to your procedure,  no solid food. Below is a chart of examples of drinks you can have and what to avoid.

OK TO DRINK	 NO – AVOID THESE
<p>All light colors, <u>NO red or purple.</u></p> <ul style="list-style-type: none"> • Water • Tea and black coffee without any milk, cream, or lightener • Flavored water • Clear juices such as apple, white grape, lemonade without pulp, and white cranberry • Clear broth • Clear soda • Sports drinks such as Gatorade and Propel • Popsicles without fruit or cream • Jell-O or other gelatin without fruit 	<ul style="list-style-type: none"> • Milk • Smoothies • Cream • Orange juice • Grapefruit juice • Tomato juice • Soup (other than clear broth) • Cooked cereal • <u>Juice, Popsicles or gelatin with red or purple dye</u>

- **At 5pm the afternoon before your procedure take 1 – 10z bottle of magnesium citrate.**
- **If you have a morning procedure before noon (12:00 pm):**
 - You will need to give yourself 2 regular disposable fleet enemas, 15 minutes apart before bedtime.
- **If your procedure is at noon (12:00pm) or later:**
 - You will need to give yourself 2 regular disposable fleet enemas, 15 minutes apart, 4 hours before your procedure.

You may take your morning medications with sips of water. Be sure to take them at least 4 hours before your scheduled appointment time.

 NOTHING BY MOUTH, STOP ALL LIQUIDS 3 HOURS BEFORE PROCEDURE, THAT INCLUDES WATER.