

METROPOLITAN GASTROENTEROLOGY, P.C.
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NAME: _____

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

SCHEDULED DATE: _____/_____/_____ TIME: _____ AM/PM

****** PLEASE ARRIVE 30 MINUTES PRIOR TO YOUR APPOINTMENT TIME. ******

LOCATION: The Endoscopy Center of Queens 23-25 31st Street 2nd Floor Astoria NY 11105

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY

What is a Flexible Sigmoidoscopy? A Flexible Sigmoidoscopy is a procedure that examines the lining of your rectum and lower colon (bowel).

Note: STOP ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS (7) DAYS PRIOR TO YOUR EXAM. PLEASE ADVISE THE OFFICE IF YOU ARE CURRENTLY TAKING ANY BLOOD THINNERS. ie :(COUMADIN, PERSANTINE, PLAVIX...) STOP ALL NON- STEROIDALS (Advil, Ibuprofen, Indocin, Motrin, Naprosyn) ONE WEEK PRIOR TO THE PROCEDURE. DISCONTINUE IRON SUPPLEMENTS ONE WEEK PRIOR TO THE PROCEDURE.

Make sure you have bought your two fleet enemas (available over the counter) *

THE DAY BEFORE THE PROCEDURE:

1. You may have a light breakfast (i.e. toast, English muffin or bagel)
2. You may have a light lunch before 12 noon.
3. You may not eat any other type of solid foods throughout the rest of the day. You should be on a clear liquid diet which includes black coffee (no milk), tea, clear fruit juices (apple or white grape), broth or bouillon (no chicken or noodles), non red gelatin desert, Gatorade, soda (Sprite, Ginger Ale, 7-Up, Seltzer), water. No salads no fruits.
4. **DO NOT EAT OR DRINK AFTER MIDNIGHT.**

THE DAY OF YOUR PROCEDURE:

1. Two hours before your procedure, you must use one fleet enema.
2. One hour before your procedure, you must use another fleet enema.

You MUST be accompanied by a friend or relative to drive or assist you home.

YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME.

If you are CURRENTLY taking medication for a heart condition or high blood pressure please take them with a sip of water the morning of your procedure or as directed by the doctor. Do not take any diabetes medications the morning of your procedure unless instructed otherwise by the doctor.

Please do not chew gum or smoke until after your procedure.

Please notify the office within 48 hours for Cancellation

***The office will call you to confirm your appointment. If we cannot reach you, please call back to confirm your appointment. If you have any questions, please contact our office at the above number.**