



Dekalb Gastroenterology Associates, LLC

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY/ NO ANESTHESIA

Please purchase the following items: Two (2) Dulcolax tablets, one (1) 10oz bottle of Citrate of Magnesia (lime or lemon flavor only), and 2 Fleet enemas (green and white box)

DAY BEFORE PROCEDURE: _____

1. NO SOLID FOODS
2. CLEAR LIQUID DIET
Nothing red, orange, or purple. NO DAIRY!!!!
3. At 2:00 pm take two (2) Dulcolax tablets.
4. At 7:00 pm take one (1) 10 ounce bottle of Citrate of Magnesia.

DAY OF THE PROCEDURE: _____

1. You may continue to have **CLEAR LIQUIDS ONLY** until _____. Then **NOTHING** to eat or drink.
2. **Complete Fleet enemas 2-3 hours before you leave from your home for the procedure** until there is no solid return.
3. Report to: 2675 North Decatur Road, Suite 506, Decatur, Georgia 30033

Sigmoidoscopy examines the rectum and left side of the colon. A flexible tube with a light on the end of it will be passed into rectum and advanced under direct visualization. This procedure is done to evaluate for causes of certain conditions, such as, bleeding, constipation, and diarrhea. It is also used as on the screening test for colon cancer. The examination is limited to lower third of the colon.

Anesthesia is NOT necessary for this procedure. You may, however, feel some discomfort, such as cramping or bloating, during the procedure. The examination may last 5-8 minutes without anesthesia. Without anesthesia, you do NOT need a driver and you can have clear liquids up to the time of your appointment.

If anesthesia is required, you will need a driver and should plan for you and your driver to be here for up to 1.5 hours. **Your driver MUST be present at the time of your pre-op check-in and MUST remain in the building through to your discharge.** You may **NOT** take a cab home. **These policies are for your safety.** If you need info on a medical transport service, please let us know in advance. The one we usually use costs \$30 one way. In addition, if you require anesthesia you may NOT eat or drink ANYTHING after midnight the night before your procedure.

Please decide with your doctor whether or not you will require anesthesia.

INSTRUCTIONS FOR ROUTINE MEDICATIONS:

Heart/blood pressure meds or anti-seizure meds	Take as you normally would
Insulin	½ evening dose the night before // NONE on morning of test
Oral diabetic medications	NONE on day of procedure
Blood thinners	Take as you normally would
Iron preparation	stop 5 days before procedure
ASPIRIN	Take as you normally would
Arthritis Medications	Take as you normally would

Pre-op Arrival Time: _____ **Procedure Time:** _____ **Day** _____ **Date** _____

If you have any questions or concerns, please contact us at 404-299-1679. Thank you