

## FLEXIBLE SIGMOIDOSCOPY

Date of Procedure: \_\_\_\_\_ Arrive at: \_\_\_\_\_

**PROCEDURE TIME:** \_\_\_\_\_

\_\_\_\_\_ **Physicians Endoscopy Center: 3030 S. Gessner, Suite 150 713.587.0909**

\_\_\_\_\_ **Memorial City Hosp.: Digestive Health Center, 920 Frostwood**

\_\_\_\_\_ **Methodist West Hosp: 18500 Katy Freeway, Houston, TX, 77094, Main Entrance**

### INSTRUCTIONS:

1. The day before your procedure, you may have breakfast before 10 A.M. After breakfast you must NOT have solid foods, only clear liquids, nothing red or purple. Nothing to eat or drink after midnight.
2. **If constipation is a problem for you, take two tablespoons of Milk of Magnesia as you go to bed the night before your exam.**
3. The day of your exam do not eat or drink within two hours of your test.
4. **If you require sedation, you may not eat or drink within FOUR HOURS PRIOR TO YOUR PROCEDURE and YOU WILL NEED A DRIVER TO TAKE YOU HOME.**
5. To prepare your bowel for the exam you will need two saline enemas. Use the first enema 1 hour before you have to leave home, and the second enema after the first enema is eliminated. **The enema is ready to use.**
6. **Remove the orange protective shield from the enema tip before inserting.**
7. Lie on your left side. Do not give yourself the enema while sitting on the commode, as this will be ineffective. With gentle steady pressure, insert the enema tip into your rectum with a slight side-to-side movement. **Do not force the enema tip into your rectum as this can cause injury.** Squeeze the bottle until nearly all liquid is gone. It is not necessary to empty the bottle completely as it contains a little more liquid than is needed.

8. Remove the enema tip from your rectum and maintain position until the urge to evacuate is strong (usually 2 to 5 minutes). Go to the bathroom and evacuate.

**TO OBTAIN RESULTS OF THE EXAM:**

- 1) The doctor will speak with you and/or your designated agent following your exam.
- 2) If you had biopsies of any type (tissue or polyp), CALL YOUR DOCTOR REQUESTING RESULTS 5-7 business days after the procedure.

(06.27.22)

[WWW.GIDOC.COM](http://WWW.GIDOC.COM)

915 Gessner Road, Suite 850 Houston, Texas 77024 | 18400 Katy Freeway, Suite 420 Houston, Texas 77094  
PHONE 713-461-1026 | FAX 713-461-4358