

FLEXIBLE SIGMOIDOSCOPY

Date of Procedure: _____ Arrive at: _____

Procedure Time: _____

___ Memorial City Hosp: 920 Frostwood Dr., Digestive Health Center

___ Methodist West Hosp: 18500 Katy Freeway, Houston, TX, 77094, Main Entrance

___ Physicians Endoscopy Center (PEC): 3030 S. Gessner rd, suite 150., Houston Tx 77063

*** You may pre-register @ <https://www.onemedicalpassport.com/?fid=164> ***

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. **If you require sedation, you may NOT drink within FOUR HOURS PRIOR TO YOUR PROCEDURE and YOU WILL NEED A DRIVER TO TAKE YOU HOME.**
4. To prepare your bowel for the exam you will need two saline enemas. Use the first enema 2 hours before you have to leave home, and the second enema after the first enema is eliminated.
5. **Remove the orange protective shield from the enema tip before inserting. The enema is ready to use.**
6. 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.
7. 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 your exam:

- 1) The doctor will speak with you and your designated agent following the procedure.
- 2) If you had biopsies of any type (tissue or polyp) your results will be mailed to you in 2-3 weeks.

Transportation:

Due to possible lingering effects from the sedation, you cannot drive for the remainder of the day following your procedure, and therefore, you must have a ride home. For your own safety you will not be discharged unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or public transportation. If you do not have a responsible adult to take you home your procedure will be cancelled, and you may be subject to the cancellation fee. A car service/taxi alone is not adequate. Remember, your judgement and coordination are impaired. DO NOT wear any jewelry or take any valuables to your procedures as the facility is not liable for lost belongings.

Cancellation Fees:

As stated in our financial policy, a reminder that if you cancel, or reschedule within 24 hours of your procedure, OR do not show up for your procedure you will be **subject to a fee of \$150** which will be applied to your account.

Clear Liquids: Water, broth, bouillon, apple juice, white grape juice, white cranberry juice, Jell-O (yellow or green), Sprite, Coffee & Tea without milk or creamer, Sports drink, Gatorade, Kool Aid (NOT RED), Italian Ice (NOT RED). NO ALCOHOLIC beverages the day before nor the day of your colonoscopy. Absolutely **NO liquids** must be consumed on the day of the procedure. **DO NOT** chew tobacco, or smoke at least 6 hours prior to the procedure.

WWW.GIDOC.S.COM

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