

GASTROENTEROLOGY ASSOCIATES OF ITHACA, PC
CMC ENDOSCOPY DEPARTMENT

Ducolax/Fleets – Prep for Routine Screening Sigmoidoscopy

NAME: _____ Dr: _____

DATE: _____ TIME: _____

If you need to CHANGE or CANCEL this appointment, please call scheduling **272-5011**.

SIGMOIDOSCOPY west

PROCEDURE: You will be positioned on your side on an examining table. The doctor will then insert a small and flexible, tube-like instrument into your rectum so he can visually examine your intestine. Mild discomfort may be experienced, but the procedure lasts only a few minutes.

PREPARATION: clear liquid diet evening before the procedure; take **4** ducolax tablets the evening before the procedure. Nothing by mouth after midnight on the night before the exam.

Administer one Fleet's enema **two** hours before the exam and another one, **one** hour before the exam.

Clear Liquid Diet: Drink *only clear liquids* for breakfast, lunch, and dinner, Solid foods, milk or milk products are *not* allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon (vegetable, chicken, beef), coffee or tea (without milk or nondairy creamer), Gatorade®, carbonated and non-carbonated soft drinks, Kool-Aid® (or other fruit flavored drinks), plain Jello® (without added fruit or toppings), and ice Popsicles®.

USE NO LAXATIVES!!!!

Report to the outpatient registration desk 15 minutes early to register.

If your procedure is scheduled to begin later in the morning, or after noon, you may consume clear liquids up to 3 hours prior to scheduled procedure starting time.

Take all prescription medication(s) up to 3 hours prior to scheduled procedure starting time.

Nothing by mouth for 3 hours prior to scheduled procedure-starting time.

PLEASE NOTE

Certain insurance companies may consider the above service as a surgical procedure. Please contact your insurance carrier for coverage information. *Precertification may be required.*