



CEDAR VALLEY

# Gastroenterology

At Allen Digestive Health

## Flexible Sigmoidoscopy Instructions

### The day before the exam:

- You may have a light meal around 3:00 pm (i.e. Half sandwich, soup)
- At 5:00 pm drink a 10 oz. Bottle of magnesium citrate  
This may be purchased at the pharmacy of your choice (no red coloring)
- Drink only clear fluids from this point until after the exam  
Things you may have are:  
Apple ~ White Grape Juice ~ Jello ~ Popsicles ~ Gatorade ~ Water ~ Soft Drinks ~ Kool-Aid  
Hi-C ~ Clear Broth ~ Boullion

### The day of the exam:

- No breakfast
- Do not take any diabetes medication until after the exam. You may check your blood sugar prior to arrival.
- You can drink clear liquids until 2 hours prior to your procedure \_\_\_\_\_.
- When you arrive at the hospital you will be given two enemas in preparation for the exam.
- You must have a driver due to sedation you will receive. You will not be able to drive or work until the next day.

Date of procedure \_\_\_\_\_ Arrival Time \_\_\_\_\_

**\*\* The time that we give you is the ARRIVAL time, your procedure typically starts 1 1/2 - 2 hours following your arrival \*\***

**\*\* EXPECT TO BE HERE 3-4 HOURS \*\***

<b>Location: Office Endoscopy Suite</b> 125 E. Tower Park Dr.	<b>Allen Hospital</b> 1825 Logan Ave. (Outpatient Entrance #8 on Donald St.)	<b>Grundy County Hospital</b> 201 E. J Ave. (Main Entrance #1)	<b>Buchanan County Health Center</b> 1600 1st St. East Independence
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If you have any questions or concerns, please call our office at 319-234-5990 or 877-858-4741.