

Flexible Sigmoidoscopy Instructions

The day before the exam:

- You may have a light meal around 3:00 p.m. (i.e. half sandwich, soup).
- At 5:00 p.m. 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:

- Do not eat 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 2 enemas in preparation for the exam.
- You must have a driver due to the the sedation you will receive. You will not be able to drive or work until the next day.

We will call the day before your procedure

Date of procedure: _____ Arrival time: between 12:00-4:30 p.m. with your arrival time.

**** The time that we give you is the ARRIVAL time. Your procedure typically starts 1 1/2-2 hours after your arrival. ****

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

Location: Cedar Valley Digestive Health
1015 S. Hackett Rd.
Waterloo, IA 50701

Grundy County Hospital
201 E. J Ave.
(Main Entrance #1)

Buchanan County Health Center
1600 1st St. East
Independence

If you have any questions or concerns, please call our office at 319-234-5990.