

After Your Procedure

- You may feel bloated for a while after the procedure. Passing air (gas) by rectum will lessen the discomfort.
- You will be able to resume your usual diet unless otherwise instructed.
- If biopsies are taken, results may take up to seven working days.
- If you are experiencing prolonged or severe abdominal discomfort, fever, tenderness or bleeding, please contact us at (510) 498-2845, (510) 498-2118 or (510) 498-2885. If after hours, please call (650) 321-4121 to speak to the gastroenterologist on call.
- There is a very small risk of serious bleeding for up to two weeks after a polyp is removed. It is best not to be more than two hours away from a medical facility during this period. You may not travel out of the country at this time.

GENERAL INFORMATION

- You must arrive 20 minutes before your scheduled appointment, or as instructed.
- Your entire stay at the facility will be approximately one hour.

APPOINTMENTS

- All procedures are scheduled through the Department of Gastroenterology. If you do not hear from the Gastroenterology Department within five business days, please call (510) 498-2845.
- To cancel a weekday, please call (510) 498-2845.
- If you need to cancel your appointment on a weekend, please call (510)498-2800.

Community Based, Not For Profit



*Palo Alto Medical
Foundation*

A Sutter Health Affiliate

FLEXIBLE SIGMOIDOSCOPY PREPARATION GASTROENTEROLOGY

Appointment Date: _____

Doctor: _____

Arrival Time: _____

Procedure Time: _____

***Fremont Center
2nd Floor
3200 Kearney Street
Fremont, CA 94538
(510) 490-1222***

Flexible Sigmoidoscopy Preparation

Please read and follow instructions below carefully to minimize risk of serious bleeding if a polyp is removed.

Medication & Diet Instructions

Five days prior to your procedure, **STOP:**



- Aspirin and aspirin-containing products. Acetaminophen (Tylenol) can be continued or substituted as a pain reliever for aspirin.

Three days prior to your procedure, **STOP:**

- Coumadin (Warfarin) medication. If you have an artificial heart valve, you should talk with your primary care physician (PCP) or cardiologist about using an alternative anticoagulant.



- Avoid eating nuts, seeds, beans and foods with a peel (such as grapes or tomatoes) as fibers can clog the colonoscope.

Two days prior to your procedure, **STOP:**

- Anti-inflammatory medications (such as ibuprofen and naproxen).

Day Prior to Your Procedure

Purchase one 10-ounce bottle of **Magnesium Citrate** and two **Fleet's** enemas at any drug store.

- Starting 24 hours prior to your procedure, limit your food intake to **ONLY** clear liquids until after your examination, such as coffee (no cream), tea, apple juice, soda, clear broth or Jell-O (no red, blue or green flavors).
- At 7 p.m., drink a full 10-ounce bottle of **Magnesium Citrate**. Avoid red dye flavors.

Deviating from these instructions will result in the cancellation of your procedure.

Diabetic patients: Please confer with your PCP about adjustments to medications while on a clear liquid diet.

All patients should call the Department of Gastroenterology if they have questions about medication and/or diet during the preparation period at (510) 498-2845, (510) 498-2885 or (510) 498-2118. For questions after hours, please call (650) 321-4121 to speak with a gastroenterologist on-call.

Day of Your Procedure

- Continue with clear liquid diet.
- You may take your medication as usual unless otherwise instructed.
- Fleet's RECTAL enemas. Follow package instructions.
 - Take the **first enema** two hours before the procedure.
 - Take the **second enema** one hour before the procedure.
- Wear comfortable clothing. You will be asked to undress from the waist down.

If you are driving a distance that makes administration of enemas prior to the appointment impractical, bring the enemas with you to the clinic. You will need to arrive an hour before your appointment in order to give yourself adequate time to administer the enemas and allow them to work.