

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

- Please call the Appointment Call Center to schedule your procedure at (510) 498-2800.
- If you need to cancel your appointment, please call (510) 498-2800 between the hours of 7 a.m. and 6 p.m., Monday through Friday, and 8 a.m. and noon on Saturday.
- The procedure room is located on the 2nd floor of the Fremont Center, at 3200 Kearney Street, Fremont, CA 94538.

Community Based, Not For Profit



*Palo Alto Medical
Foundation*

A Sutter Health Affiliate

FLEXIBLE SIGMOIDOSCOPY PREPARATION

PRIMARY CARE

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 the following instructions carefully. All of the advice given below should be followed to minimize risk of rescheduling your procedure.

Diet Instructions



Two to three days prior to your procedure *avoid* eating nuts, seeds, beans and foods with a peel (such as grapes or tomatoes) as fibers can clog the colonoscope.

Day prior to your procedure:

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

- Starting 24 hours prior to your procedure, limit your food intake to *ONLY* clear liquids until after your examination. Examples are 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**.

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

Diabetic patients: Please confer with your primary care physician (PCP) about adjustments to medications while on a clear liquid diet.

Call your PCP if you have questions about your medications and/or your diet during the preparation period.

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.

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 you have prolonged or severe abdominal discomfort, fever, tenderness or bleeding, contact your PCP.