

You have been scheduled for a flexible sigmoidoscopy
On _____ at _____ AM/PM at

**Folsom Sierra Endoscopy Center
1600 Creekside Drive, Suite 1500
Folsom, CA 95630 (916) 983-7475**

Please arrive 30 minutes early for registration.

You will need to purchase 2 Fleet enemas at any pharmacy. Apply 1 enema 3 hours prior to the procedure and 1 enema one hour prior to the procedure.

You may be given medications before the procedure that will make you drowsy afterwards. **Someone you know must drive you home. Cab rides and public transportation are not acceptable.** You will be at the endoscopy center approximately two (2) hours.

Medications you are taking

Aspirin: Do not take any aspirin product for ___ days prior to your exam.

Do not take any aspirin product on the day of the exam unless instructed otherwise.

Other anti-inflammatory drugs (i.e., Motrin, Advil, Aleve, Excedrin, Celebrex, Vioxx):

Do not take these medications on the day of the exam unless instructed otherwise.

Coumadin, Warfarin or other blood thinning agents (i.e., Plavix, Ticlid, Lovenox, Aggrenox):

Please notify your doctor if you are taking these types of medicines.

STOP taking _____ days prior to the procedure.

You may take the last dose on _____.

Diabetes medicines:

If you are on oral medications for diabetes, do not take the morning of the procedure.

You can resume this medication after the procedure when you are ready to eat.

If you are taking insulin, please ask for detailed instructions.

You may take all other usual daily medications on day of the procedure.

No solid foods the entire day before the procedure, CLEAR LIQUIDS only.

You may have clear liquids until 3 hours prior to the examination, then nothing by mouth.

Your follow-up visit with the gastroenterologist is _____.