

## You have been scheduled for a flexible sigmoidoscopy

On \_\_\_\_\_ at \_\_\_\_\_ AM/PM at

**Folsom Sierra Endoscopy Center  
1671 Creekside Drive, Suite 100  
Folsom, CA 95630 (916) 983-7475**

**Please arrive 60 minutes early for registration**

**IF YOU NEED TO RESCHEDULE OR CANCEL THIS PROCEDURE PLEASE  
CALL OUR OFFICE AT (916) 983-4444 OR (530) 622-6430**

**You will need to purchase 2 Fleet or Saline enemas at any pharmacy. Apply 1 enema 3 ho  
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 that day of exam unless instructed otherwise

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

Do not take these medications for \_\_\_\_\_ days prior to your exam.

Do not take these medications on that day of 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 medications

**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 the 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 \_\_\_\_\_.