

INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

Name: _____ **Hospital/Surgery Center:** _____

Date: _____ **Arrival Time:** _____

- *Stop taking blood thinners (Coumadin, Plavix, Aspirin) and arthritis medications 5 days before the procedure. You may take Tylenol.*
- *If you take medicine for **diabetes**, take only half the dose on **the day before** your procedure and none **on the day** of your procedure.*
- *You may take your other prescription medications **on the day** of your procedure with a few sips of water*
- *Inform Dr. Bali if you - have an artificial valve; need to take antibiotics before dental procedures; have a history of heart or kidney problems or seizures; take diabetic, blood pressure or seizure medications or diuretics*

One day before your Sigmoidoscopy:

1. You may have a light breakfast.
2. After that, take only clear liquids all day, **do not eat any solids** for lunch or dinner.
(You may take clear juices, clear broth, coke, 7UP or jello (not red). You may drink all the water and clear liquids you desire. Do not drink milk or cranberry juice.)
3. Start taking **Half Lytely** at 6:00 pm. Take 8 ounces every 15 to 20 minutes until it is all finished.
4. Take 2 tablets of Dulcolax at 8:00 pm (available at your pharmacy, no prescription necessary).
5. Do not drink **anything** for 6 hours before your procedure.

It is critical to the success of your examination that your colon is clean.

Please call Dr.Bali (714-999-0909) if you are unable to complete the entire preparation for your procedure.

On the day of your Sigmoidoscopy:

1. Take a fleet enema at 6:00 am.
2. Go to the admitting office at your assigned facility.
3. You may take your blood pressure medication with a sip of water.
4. Do not take any diabetic medications.
5. Expect to be at the GI Lab for about 4 hours.

You must have someone available to be with you and drive you home after the procedure. The physician may give you medication to sedate you during the procedure. You will be unable to drive that day. You cannot walk home; take a taxi or public transportation to go home.

RESULTS: Dr. Bali will discuss the results with you after the procedure. However, you may not remember everything because of the medications used during the procedure. A copy of the report will also be forwarded to your referring physician. If you have any questions about the results, you may call Dr. Bali's office to make an appointment.