

Dr. Tomasso and Dr. Dy

Instructions for a Flexible Sigmoidoscopy (Flex Sig)

**READ ALL INSTRUCTIONS AT LEAST 7 DAYS BEFORE THE PROCEDURE.**

**Please purchase the following over-the-counter products:**

**- 1 Fleet Enema**

**Please note**:

**\*\*** If you choose to be sedated for this procedure, you must have a licensed adult available to drive you home afterward. Walking is not acceptable. If you choose to be sedated for the procedure we will not be able to perform your procedure if your driver does not accompany you to the facility. You may not work or drive for 12 hours after being sedated.

**Please Read Carefully and Follow the Instructions Below:**

**The Day Before Your Procedure:**

- Drink at least 64 ounces of liquids.

-Nothing to eat after midnight.

- Do NOT ingest any dairy products or eat any solid food. Drink only clear liquids (see list below) after midnight.

                                Clear liquids include:

                                -  Water

                                -  Strained fruit juices without pulp (apple, white grape, lemonade)

                                -  Coffee or tea without milk or non-dairy creamer

                                -  Clear bullion or broth (any flavor)

                                -  Any of the following that are **NOT** colored red or purple:  carbonated or non-

carbonated soft drinks, Kool-aid (or other flavored drinks), plain Jell-o (without

added fruit or toppings), Popsicles and Gatorade.

**The Day of Your Procedure:**

**-** Drink only clear liquids (see list below) up to 4 hours before your scheduled procedure. Do NOT ingest any dairy products or eat any solid food.

                                Clear liquids include:

                                -  Water

                                -  Strained fruit juices without pulp (apple, white grape, lemonade)

                                -  Coffee or tea without milk or non-dairy creamer

                                -  Clear bullion or broth (any flavor)

                                -  Any of the following that are **NOT** colored red or purple:  carbonated or non-

carbonated soft drinks, Kool-aid (or other flavored drinks), plain Jell-o (without

added fruit or toppings), Popsicles and Gatorade.

- Please report to Admissions 1 hour before scheduled procedure time.

**\*\*Please bring your Fleet Enema with you to your procedure\*\***

**Medication Information:**

-  If you are taking Coumadin, please contact our office to discuss arrangements.

- If you are taking a large dose of Aspirin or another anti-inflammatory medication such as Advil or Aleve, please check with your physician. They may want you to stop it before the procedure. Baby Aspirin (81 mg) is ok to continue.

-  Please take all of your other medications as you normally would.

-  You may take your morning medications at least 4 hours before your procedure with sips of water.

-  If you are a diabetic, please call our office at least 3 days prior to your procedure to obtain specific diet/medication directions.

**Scheduling Information:**

For scheduling, rescheduling, cancelling, or other questions regarding a procedure, please contact GMA:

Pam: 970-945-8503 x 5052   Fax:  970-928-9402

For directions to your procedure facility, prior authorization of your procedure, or billing questions related to your procedure, please contact the facility:

Valley View Hospital Aspen Valley Hospital

Endoscopy Unit Endoscopy Unit

Aimee: 970-384-7500  Lisa: 970-544-7391

Pioneers Medical Center (Meeker)

Endoscopy Unit

Laura: 970-878-9311