

Flexible Sigmoidoscopy Patient Instructions

BEFORE YOUR EXAM:

You will need to purchase two Fleet saline enemas (in the green and white box) from your local pharmacy at least 2 days prior to your appointment.

- PLEASE administer your enemas at home.
- Two hours before your procedure administer the 1st of the two enemas. Try to retain the enema for 5 minutes. After your bowels have moved in response to the 1st enema, administer the 2nd enema.

Without sedation:

- You may consume your usual diet and take any required medications prior to the exam.
- Please leave all valuables at home, including jewelry. You will need to bring your driver's license and insurance card. Also, you will be responsible for any copayment at time of registration.
- Bring all medications (in original container) that you are currently taking.
- Should you change your mind about sedation, please contact the Gastroenterology department at 225-754-5023 prior to your procedure date.

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With sedation: Follow attached Endoscopy Instructions

- You must have a driver who will stay at the hospital and is a responsible adult that is able to assume responsibility for your care at discharge. **If not, your exam will be canceled.**

****NOTHING TO EAT OR DRINK AFTER MIDNIGHT...NOT EVEN WATER****

NOT PART OF PERMANENT MEDICAL RECORD