

# DIGESTIVE DISEASE AND NUTRITION CENTER OF WESTCHESTER, LLP.

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10604  
Phone: (914) 683-1555  
[www.stomachmds.com](http://www.stomachmds.com)

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

## FLEXIBLE SIGMOIDOSCOPY

### Your procedure is scheduled at:

**New York Endoscopy Center, LLC**  
Two Westchester Park Drive, Suite 104  
White Plains, NY 10604  
Ph.: (914) 683-1619 Fax: (914) 517-2849

### Preparation

Cleaning out the colon is extremely important and results in a more complete and safer examination.

Avoid taking **ASPIRIN** containing medications as well as Ibuprofen for a period of one week prior to your examination. Acetaminophen (Tylenol) is permitted.

- Oral medications usually may be taken with a sip of water. If you are not sure whether or not to take medication, please ask (including other blood thinners, Coumadin, Ticlid, Plavix or Insulin).
- Avoid any iron pills and Pepto-Bismol for one week prior to the procedure.
- Have a clear liquid dinner the night before the examination and one 10oz bottle of Citrate of Magnesium at \_\_\_\_\_ pm.
- Take one Fleet enema at \_\_\_\_\_ pm the day before your procedure and take your second Fleet enema at \_\_\_\_\_ am the day of your procedure.
- Nothing by mouth for three (3) hours prior to the procedure.

**Clear liquids allowed:** Water, clear fruit juices (apple, grape, cranberry), bouillon and plain Jell-o (not red).

No solid foods, milk or milk products allowed.

These clear liquids are allowed approximately three hours prior to the procedure. All procedures involve some risks and no examination can guarantee 100% diagnostic accuracy. Serious complications are rare and consist of injuring or perforating the wall of the colon, bleeding or infection. These complications and occurrences are extremely rare.

More commonly, only the sensation of fullness or cramping will be experienced after the procedure, that although uncomfortable, is not dangerous, or small amounts of blood may be seen if biopsies were performed.

After the examination, if you should experience an elevated temperature, abdominal pain or more than a tablespoon of rectal bleeding, contact my office immediately.

If you or your family have any questions, please do not hesitate to ask.