



Flexible Sigmoidoscopy

Date: _____

Arrival Time: _____

Where: 3rd Floor Parking Garage, Kagan Endoscopy

Flexible sigmoidoscopy allows your doctor to examine the lining of your rectum and a portion of your large intestine by inserting a thin flexible tube into the anus and advancing it into the rectum and lower part of the colon. Biopsies may also be taken.

Please contact your prescribing provider if:

- If you are on Coumadin, Plavix, or another blood thinning medication, you may be placed on a different blood thinner until your procedure.
- If you are a diabetic and on any medications to control your blood sugar, your primary care provider may instruct you to adjust your medication the day before and the day of your procedure. Continue to monitor your blood sugar as usual.

Please let us know if:

- Have a pacemaker or defibrillator. If you have the device card, please bring it with you.
- Allergic to any medications.
- Are taking Versed or Fentanyl.
- Have history of a bleeding disorder.
- Have frequent unexplained bleeding.

7 Days Before Your Procedure

Purchase 2 Fleet Enemas from your Pharmacy

Stop taking

- Fish Oil
- Pepto Bismol
- Iron Supplements or multivitamins with iron
- Aspirin or aspirin containing products
- Fiber supplements
- Foods with seeds or nuts including strawberries, tomatoes, and bananas.

For more information, please contact

Northern Light Gastroenterology, 417 State Street, Suite 121, Bangor, Maine 04401
Phone: 207.973.4266 | fax: 207.973.5151

1 Day Before Your Procedure

- Drink clear liquids only (nothing red, blue, or purple)
 - Clear liquids include
 - Water
 - Popsicles
 - Clear fruit juices such as apple or white grape
 - Coffee or tea without cream or dairy
 - Gatorade
 - Soft drinks, lemon, ice tea Crystal Light
 - Plain flavored or unflavored Jello (no red, blue or purple)

6 PM

- Take **One** Fleet Enema

Day of Your Procedure

- **Stop** all liquids 2 hours before your scheduled sigmoidoscopy time (*clear liquids allowed up until that time*)
- **Do NOT eat solid foods**
- **2 Hours before exam take one Fleet Enema**

Questions about your procedure?

Please call _____ at _____

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