



caremountmedical.com

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FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

****NO ASPIRIN, ADVIL, OR EQUIVALENT SUBSTANCE FOR 2DAYS PRIOR TO THE PROCEDURE.

****PLEASE LET DR. PFEFFER KNOW IMMEDIATELY IF YOU ARE TAKING BLOOD THINNERS OR IF YOU ARE A DIABETIC.

1. The evening before the procedure have only clear liquids for dinner. Have nothing more until after the procedure.

Drink only "clear liquids " for dinner. Solid foods, milk, or milk products are not allowed. You are permitted the following:

- Strained fruit juices without pulp(apple, white grape, lemonade).
 - Water- drink as much water as possible
 - Clear broth or bouillon
 - Coffee or tea (without milk or non-diary creamer).
 - Gatorade, Kool-Aid (or other fruit flavored drinks). Carbonated and non-carbonated soft drinks.
 - Plain Jello (without fruit or toppings) and ice Popsicles.
2. Before retiring for the evening take a Fleet enema, follow the directions on the package.
 3. The morning of the procedure take a second Fleet enema.
 4. All medications should be taken as usual, except for those listed above.

The Fleet enema may be purchased at any drugstore.

If you have any questions, please call the office at 212-726-7407