



Digestive Care Center

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Flexible Sigmoidoscopy Prep

Patient Name: _____ Account # : _____

Date of Flexible Sigmoidoscopy: _____ Physician: _____

Arrival Time: _____ which is 1 hour before your procedure.

Place:	Gastrointestinal Endoscopy Center Suite 110 West (FIRST FLOOR) 801 St. Mary's Dr., Evansville (812)477-6103	Deaconess Main Lobby Patient Registration (812)450-3095	Gateway Main Lobby Patient Registration (812)842-2000	St. Mary's Hospital Main Lobby Patient Registration (812)485-4806
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Because of the medications you will receive, *You must have someone accompany you that can stay in the Endoscopy Center waiting room while you have your procedure and drive you home after the procedure.

Preparing for your Flexible Sigmoidoscopy:

You must have clear liquids for breakfast the day of your procedure and may continue clear liquids until two (4) hours before your procedure. (Sample clear liquid diet below)

Take two (2) fleets enemas one right after the other approximately one hour before leaving home for your appointment. (Please note enemas may be purchased over the counter at your local pharmacy.)

You may take your regular morning medication the day of this procedure.

Clear Liquid Diet:

This diet has little food value, is nutritionally inadequate, and should be used for a limited time only.

Soups: fat free broth or bouillon	Beverages: gingerale, ice tea, coffee, kool-aid, clear fruit juices Hi-C, carbonated beverages, (i.e. Coke, Sprite, Pepsi)
Desserts: plain gelatin desserts	Please avoid liquids containing red, purple or orange dye. NO milk, orange or tomato juice.

*****Please note: Some insurances do require outpatient precertification. It is your responsibility to notify us if precert is required for your procedure.***

IF YOU HAVE ANY QUESTIONS PLEASE CALL 477-6103

Thank You