



FLEXIBLE SIGMOIDOSCOPY PREP INSTRUCTIONS

Patients Name: _____ DOB: _____

Procedure Date & Arrival Time: _____ Physician: _____

Location:

- MidAtlantic Endoscopy – 2112 Harrisburg Pk. Suite 100, Lancaster
- MidAtlantic Endoscopy – 4140 Oregon Pike, Ephrata
- Ephrata Hospital – 169 Martin Ave, Ephrata
- UPMC Lititz – 1500 Highlands Dr., Lititz
- Penn Medicine - Lancaster General Hospital – 555 North Duke St, Lancaster

DAY BEFORE FLEXIBLE SIGMOIDOSCOPY:

1. Buy (2) Fleet’s enemas (no prescription needed).
2. Nothing to eat or drink after midnight.

DAY OF FLEXIBLE SIGMOIDOSCOPY:

1. Nothing to eat or drink before procedure.
2. Give 1st Fleets enema 3 hrs prior to your procedure time.
3. Give 2nd Fleets enema 2 hrs prior to your procedure time.

- ✓ Oral iron should be discontinued 5 days prior to the exam.
- ✓ **Hold all diabetic medications a.m. of procedure.**
- ✓ **All medications should be continued and taken the morning of procedure unless otherwise stated on these instructions.**

Due to the sedation you will receive, you must have a responsible adult accompany you to your procedure. Your driver is required to stay at the facility for the entire time of your procedure. Public transportation is allowed, but only under the supervision of a responsible adult who must stay with you the entire time of procedure. Bus, taxi or shuttle drivers do not fulfill the requirement of a responsible adult. You may NOT be dropped off for your procedure.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____