

## US Digestive Health / Springfield ASC

1528 Bethlehem Pike, Flourtown, PA 19031 Phone: 215-402-0600

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

### **PREPARATION FOR A FLEXIBLE SIGMOIDOSCOPY**

For the best possible examination, the bowel must be empty of waste material. To accomplish this:

#### **PURCHASE THE FOLLOWING FROM YOUR PHARMACY:**

One (1) 8.3oz bottle of miralax powder

Two (2) bottles of fleet water saline enemas (GREEN BOX)

#### **PREP INSTRUCTIONS:**

- 1. Evening before procedure,** Mix one 8.3oz bottle of miralax powder with 64oz of a clear liquid of your choice. Drink one 8oz glass every 15-20 minutes until you drank the entire 64oz.
- 2. NOTHING to eat after 12:00AM (mid-night).** You may have clear liquids up until 3HOURS before procedure time.
- 3. On the day of procedure,** TWO (2) Hours before leaving home, (or at \_\_\_\_\_am/pm), use the first fleet's enema. Hold it for as long as possible, and then expel the enema. After the first enema is completed, follow the same procedure using the 2<sup>nd</sup> enema. After both enemas are completed, you may leave for your scheduled sigmoidoscopy procedure.
- 4. You must report to our surgery center at \_\_\_\_\_am/pm.**

#### **Important:**

We MUST have the referral for your sigmoidoscopy at least three (3) days before your sigmoidoscopy procedure.

**If you have any questions please call us at:**

**215-402-0600**

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This is a procedure in which a flexible fiberoptic tube is placed in the rectum to view the rectum and bowel. The tube bends as the bowel bends, the doctor is able to look for causes of bleeding or discomfort, such as hemorrhoids, diverticulosis, colitis, polyps or cancer.

The sigmoidoscopy is done while you are lying on your side. The sigmoidoscopy usually takes from 5 to 15 minutes. Biopsy reports are usually available in one week to 10 days.

Revised 11/30/2022