







Flex Sigmoidoscopy Prep Instructions

Appointment Date _____ Appointment Time _____ Dr. _____

Your Procedure Coordinator is _____ Phone: 510-444-3297 ext. _____

Your procedure is scheduled at East Bay Endosurgery (510) 893-1600 Summit Hospital (510) 869-6711

Late cancellation (less than 3 days) fee of \$200 – Call your Coordinator if you need to cancel
The following instructions are your physician's specific instructions.

3 days Prior to Procedure	1 Day prior procedure	Day of Procedure
Date: _____	Date: _____	Date: _____
 <p>Please make sure you have the over the counter medications listed below and review your prep instructions thoroughly</p>  <p>Please continue all medications including aspirin. If you are taking a blood thinner please contact your Coordinator at the extension above.</p>  <p>If you are on diabetic medication, please see attached sheet.</p> <p>You will not receive sedation for this procedure, therefore you do not need a responsible adult to drive you home.</p> <p>Purchase your Prep. These are over the counter medications.</p> <ol style="list-style-type: none"> 1. Doculax-4 tablets 2. 2 Fleets enemas 	 <p><u>NO SOLID FOODS AFTER 1PM</u></p> <p>Clear Liquids after 1pm (see next page for a list of clear liquids.)</p> <p>Prep: At 4 pm take four (4) tablets of Dulcolax.</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> 	<p>Take two (2) fleet enemas 30 minutes apart. Finish both enemas two (2) hours before you leave for your procedure.</p> <p>1st enema at _____</p> <p>2nd enema at _____</p> <p>Please take your daily medication.</p>  <p style="text-align: center;">Reminders</p> <ul style="list-style-type: none"> • If you use an inhaler, bring it with you to your procedure • Please do not wear any jewelry and remove piercings • Bring insurance cards • Be prepared to pay your copay

***Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

Approved: Clear Sodas, black coffee, tea, Clear juices, fitness waters, Chicken, vegetable and beef broth, Gelatin, Popsicles without pulp, sorbet without pulp



Avoid No milk/dairy No juices with pulp Popsicles with pulp **NO RED PURPLE OR ORANGE.**



Frequently Asked Questions

1. What will the laxative medications do?

Dulcolax (Bisacodyl) and enemas are laxatives. They are meant to cleanse the bowel. Please make sure you are in the comfort of your home once you begin taking the medications, as they will cause diarrhea.

2. How long will the procedure take?

- a.** At East Bay Endosurgery: Please plan to be at the center for a total of 2 hours.

3. How can I find out the cost of my procedure?

If you are inquiring about the facility fee:

- a.** For East Bay Endosurgery Center contact our Central Billing Office at 1-866-809-1220
- b.** For Summit Medical Center contact the financial department at 510-655-4000
- c.** Provider Fee- You will receive a call approximately one week prior to your procedure with the estimate cost. If you do not receive a call at least 3 days before, please contact (510) 444-3297 ext. 220.