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SIGMOIDOSCOPY PREPARATION WITH ANESTHESIA

- Take 2 Fleets Disposable Enemas 1 1/2 hours before your appointment time.

THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD

1. **Do not eat solid food on the day of your procedure.** No gum or candy. You **may drink only clear liquids** (liquids you can see through) **up until 6 hours before your procedure.** **Do not drink anything less than 6 hours before your procedure.** These fluids should **not be RED or PURPLE.** Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea (sugar or sweetener is allowed – but **NO milk/creamer**).
2. You may brush your teeth.
3. Take your morning medications with a **sip** of water as directed by your physician.
4. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue piercings.
5. Bring your **inhalers** with you. Bring your **glasses case** with you.
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
7. We may **cancel the procedure if you do not have a driver to take you home.** Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You **may not drive for the rest of the day/night.** You may **resume normal activities** the next day.