

Digestive Health Center Of the Four States

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Patient Name : _____

1. Your flexible sigmoidoscopy has been scheduled at Freeman West/ StateLine Surgery Center / Premier Surgical Hospital on _____ at _____ am / pm. Please arrive at the hospital and check into the outpatient admitting area at _____ am / pm.
2. Nothing to eat or drink 8 hours before your procedure.
3. At the time you of your procedure you will need a driver to take you home. Do not plan on working the day of your procedure.
4. Medications that must be taken on the morning on the procedure may be taken with a small amount of water.
5. Diabetic medications may need to be cut in half on the day of your bowel prep and should not be taken the morning of your procedure when you are fasting. Monitor your glucose levels closely.
6. The purpose of the bowel prep is to clear the contents of your lower colon. If your stool remains dark in color, you may use no more than two Fleets enemas (purchased over the counter) the morning of your procedure. The bowel prep may cause the body to lose a significant amount of fluids; it is very important to stay hydrated by drinking all required clear liquids during the prep to replenish your body. If you are chronically constipated you may need to start your bowel prep earlier than directed. Please contact our office with any questions.

If fluid or biopsies are taken during your procedure it will take approximately 7-10 working days to receive the result back from pathology.

**** If you are scheduled at StateLine Surgery Center in Galena, they ask that you have someone to stay with you for 24 hours after surgery.**